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THE
NAUTICAL
COOKERY
BOOK.

T. F. ADKINS.

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J Wagner

ALPHABETICAL GUIDE

TO

SAILORS' COOKERY

FOR THE USE OF

STEWARDS & COOKS ON CARGO-CARRYING VESSELS

BY

THOS. FRANCIS ADKINS,

Silver Medallist, Universal Food and Cookery Exhibition, 1896.

INSTRUCTOR OF NAUTICAL COOKERY

UNDER

THE TECHNICAL EDUCATION BOARD, L.C.C.

AT

THE SAILORS' HOME,

WELL STREET AND DOCK STREET, LONDON, E.

EAST HAM:

**WILSON AND WHITWORTH LIMITED, STEAM PRINTERS,
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1899.

PREFACE.

The question is often asked : “ Why should not sailors have their food properly cooked ? ” and seeing the great progress that has been made of late years, firstly, in the quality of food supplied on cargo-carrying vessels and sailing ships owing to the regulations of the Board of Trade, and secondly, in the establishment of Cookery Schools for Sailors in various large Ports of the United Kingdom, the question is hard to answer. The time has passed when salt horse and hard tack were the sailor’s only fare, and though the quantity allowed per man by the Board of Trade is still rather short, and the fare is still hard to what may be had on shore, by good preparation and cooking it can be made very palatable. While at sea, apart from any amusement he may provide for himself, a sailor’s life consists of work, eating, and sleeping, week in and week out, so that naturally he thinks a good deal about his food ; and putting aside the difference it makes to his health, he is much better tempered and ready to work if his meals are properly served than if, as is often the case, the food is sent out of the galley in a style not fit even for a ship’s pig. The way in which the food is prepared needs improvement as much as the cooking. In Her Majesty’s service the galley is inspected at least once a day. It would be well if this rule were carried out in the Merchant Service, and a superior officer always present when the men’s food was

given out to them. A knowledge of cookery should be expected from stewards as well as cooks, and indeed if the Captain himself would show interest in the matter, the cook would be much more likely to take pride in his work for the crew as well as for the cabin, instead of carrying out the old saying "Anything will do for Jack."

The object of this book is not at all to provide information for the better class of ships, mail boats, &c., but for sailing ships, ocean tramps, and small craft, where the stores are entirely under the Captain's supervision, and where there is little facility for keeping provisions. In the recipes I have given I think nothing is mentioned that cannot be obtained on any ordinary merchant vessel, and I have avoided in most cases giving exact quantities, because when at sea the cook has to do with what is at hand, and it would be impossible always to keep to the exact proportions of the different ingredients; but I have endeavoured to show what a variety of dishes may be made from the same materials, so that a monotonous diet may be avoided, and I have given rules for the care of the principal stores and for the treatment of live stock.

I hope my little book may be of use in keeping many a ship's crew more healthy and contented in the future.

T. F. ADKINS.

SAILORS' HOME,

DOCK STREET,

LONDON, E.

1899.

GENERAL COOKERY RECIPES

(ALPHABETICAL).

AITCH BONE OF BEEF.

Allow a quarter of an hour for each pound to cook and a quarter of an hour over. The larger the joint the more profitable it will be found. Put it into a sharp oven for 20 minutes, then move it to a cooler part of the oven to finish cooking. Baste it well as it is a very lean piece of meat. To carve it, cut thin slices of meat from the front of the bone, serving with each a small piece of fat from the back.

APPLE FRITTERS.

Take half a pound of flour, add a pinch of salt, a small half teaspoonful of carbonate of soda, and a grate of nutmeg, mix this into a thick batter with mixed condensed milk; mix a quarter of a teaspoonful of tartaric acid in a little water, add that to the batter, take a piece of apple and a tablespoonful of batter and drop into hot fat, fry until done. Dip the spoon into cold water each time so that the batter will not stick to the spoon. Serve hot with crushed sugar over them. If you have eggs use them instead of soda and acid.

APPLE DUMPLINGS.

Peel and core some apples, make a good short paste, roll out and cut pieces to cover the apples. Place the apple on the paste, put a little sugar and a clove in the centre. Cover the apple with the paste and bake with rough side downwards about half an hour.

APPLE PUDDING.

Line a greased basin with pudding dough. Peel, slice, and core some apples, or use apple rings, put them inside the crust with a little sugar, one or two cloves and a very little water. Put a piece of pudding dough on the top and steam or boil the pudding. If it is to be steamed cut a hole in the top, if to be boiled tie a floured cloth over the top.

APPLE SAUCE.

Peel, core, and cut up some apples and put them in a stewpan with a very little water, some brown sugar and a clove (a little lime juice will improve it). When the apples are soft remove the clove and beat them up with a fork. Serve with roast pork, duck, or goose.

APPLE TART.

Peel and core some apples, put an egg cup upside down in the centre of a dish. Cut the apples into quarters and fill the dish. Add one or two cloves, some sugar, and a little water. A slice of lemon will improve it. Cover with rough or good puff paste. Cook for half an hour. If the apples are then not

quite done place the dish on the top of the stove. Remember that the less you cut an apple the more flavour it retains.

ALBACORE.

These fish are mostly in sailing ships and are a very dry kind of fish. First try if they are poisonous, then soak what you intend to use for frying in vinegar and water for an hour, this will take the strong taste away. Rub some salt into the part to be used for boiling and let it stand for a while before being put into boiling water to cook. The flesh should be taken from the bone in either case.

ARTICHOKES.

These are procurable in some parts, especially in the Mediterranean Ports; peel them, and boil as you would turnips, pass through a sieve, add butter, pepper, and salt; they turn colour very quickly and should be dropped into water as they are peeled.

ASPARAGUS.

Wash and cut off the thick part of the white stalk, leave about an inch and a half, tie the sticks into small bundles, put them into boiling water with a little salt in it, when the green top is done take them out, drain carefully and lay them on slices of toast. Serve with hot clarified butter in a sauce tureen.

BACON (BOILED).

Bacon supplied to ships is usually very strongly salted. Soak it over night. If the piece weighs five

or six pounds, do not boil it for two hours, but put it into cold water and bring to a boil, and boil thirty minutes, then take it off the fire and let it get cold in its own water. The meat will then be juicy and you will save twenty per cent. of the meat. Take the rind off, trim up all the rusty parts, and sprinkle a few brown bread crumbs on the top. The hock of bacon is the best part for boiling.

BACON (FRIED).

If the bacon is very salt soak the rashers in water, dry and put into a hot frying pan, fry crisp or otherwise according to taste. The rind may be left on or not according to taste.

BANNOCKS.

Take some oatmeal, add a pinch of salt and a little carbonate of soda, mix into a stiff dough with milk or water, roll out into thin cakes. Take your slide out of the oven, place it on the top of the stove, put the cakes on it and cook them a light brown each side. Serve hot with butter.

BANANA FRITTERS.

Take half a pound of flour, half a teaspoonful of baking powder and a little nutmeg. Mix into a thick batter. If soda is used mix a quarter of a teaspoonful of tartaric acid in water, and mix that into the batter the last thing. Proceed as for apple fritters.

BAKED FISH.

Haddocks, cod, or mackerel are very nice baked with the following stuffing. Take some bread crumbs.

and rub in a little butter. Add mixed herbs, pepper, salt, nutmeg, a little lime juice and chopped parsley if you have it, bind together with the yoke of an egg, put the stuffing into the fish, and bake. Baste with fat occasionally, or put greased paper on the top.

BARLEY SOUP.

The first thing to be thought of is to get the barley to boil as soon as you can, so as to let it boil from three to four hours. If the barley is not well boiled it will give the crew dysentery. The barley can be boiled separately from the soup and added afterwards. Put the quantity of water required on the fire, take a piece of salt beef half cooked from the copper, finish cooking it in the soup. Chop some carrots, turnips, and onions small. Add these to the soup about half an hour before serving. As a rule the steward allows some preserved meat for this soup. Chop or mince it with a machine and add to the soup. Add the barley, season with pepper, but do not add salt as the beef will make it salt enough. A few cloves will improve it. In harbour this soup is made with fresh meat.

BAKED BEEF.

Put the meat into a sharp oven for the first twenty minutes to harden the albumen on the outside, then cook it slowly. Allow a quarter of an hour to each pound of beef and a quarter over. Baste the meat occasionally.

BEEF A LA MODE

(See Use).

There is an excellent way to do the crew's meat in the harbour, especially if it is tough. Put the meat into the oven for half an hour to braise or brown it, then take it out and put it into the liquor for soup. Brown some onions and add to the soup, also some carrots and turnips, a few cloves, pepper, and salt. Let this stew for an hour and a half. When done, take out the meat and vegetables, thicken the liquor with browned flour, throw a little over the meat and serve the rest as soup. This dish can be used for the cabin as well as the crew.

BEEF RISSOLES.

Take some lean cooked beef, chop it very fine, add a few herbs and bread crumbs, season with pepper, salt, and a little nutmeg, bind together with an egg, make into balls and either cover them with puff paste or roll in breadcrumbs. Fry, and serve them on mashed potatoes.

BEEF OLIVES.

Cut some steak into very thin pieces about two inches square. Put a thin slice of fat bacon and a little veal stuffing on each piece and roll up. The bacon may be chopped and put into the stuffing. Spit the rolls on skewers and brown them in hot fat. Then put into a stewpan and cover with stock or water. Add a couple of cloves, simmer for thirty minutes. When done take them off the skewers and place on a hot dish. Season the sauce, remove the cloves,

and thicken with roux or browned flour. If you have any olives on board cut them in halves, take the stones out and stew the olives in the sauce. Pour the sauce and olives over the meat and serve hot.

BEEF RAGOUT.

Proceed as for stewed steak but cut the meat a little smaller and thicker. Add a little red currant jelly before serving.

BEET ROOT.

Wash the beets well and put them into boiling water. Be careful not to break the skin or you will bleed them and they will become white. Boil for two or three hours according to size. Do not try them with a fork to see if they are done, but just press them with your finger. Use for salad or for garnishing dishes.

BEANS (BAKED).

Soak some calavanza beans over night, put them into cold water and boil until they begin to feel soft, strain them off, put into a jar, sprinkle with pepper, add a few slices of salt pork, put the jar into the oven and bake. This jar can be kept in the oven day after day, replenishing the beans as they are used.

BEAN SOUP.

Soak the beans, put them on the fire in a saucepan full of cold water, do not put anything else in until the beans are well broken, proceed as for pea soup. Pass through a sieve before serving.

BEANS (FRENCH).

Strip off the edges of the beans, cut them up finely lengthwise, lay them in salt and water for a time, then put them into boiling water with a little salt and a very little brown sugar to keep them a good colour. Boil until tender.

BLACK PUDDING.

There are not many cooks or stewards who will take the trouble to make these, but they are very simple and very nice. When you kill a pig save the blood as it comes from the pig, stir a little salt in to prevent its becoming thick; in cold weather this will keep a day or two, which will give you time to clean the skins. Take the runners, the larger of the skins, clean them by turning inside out and scraping with a knife, wash them well in salt and water, adding a little oatmeal to the blood. Boil some pearl barley two or three hours, add that, also pepper, salt, and a few herbs. Take some of the back fat, or thick flare, cut into small dice-shaped pieces, add these to the other ingredients. Get the carpenter to make you a tin funnel with a wide spout, tie one end of a piece of skin about a foot long, put the other end on the funnel, pour in some of the mixture. Be careful to put some back fat into each skin, when full tie tightly and tie the two ends together so as to form rings; when you have finished them put them into boiling water and simmer half an hour. A small piece of washing soda must be

put into the water to turn them black. To tell when they are done prick them with a needle, if blood comes out they are not done, if fat oozes out they are cooked.

BLACK CAP PUDDING.

Take enough bread crumbs to fill a quart basin, put this into a kidd with a tablespoonful of flour, two tablespoonfuls of sugar, and a little nutmeg. Add egg and milk and beat the mixture well into a thick batter. Grease your basin well and put some well-washed and dried currants at the bottom to form the cap. Pour the batter into the basin, steam two and a half hours or boil two hours. Serve immediately it is taken from the pot with sweet sauce.

BLANC-MANGE.

Put some milk on the fire with a little white sugar. If preserved milk is used very little sugar will be required, add a few drops of essence of almond, vanilla, or ratafia, then mix some cornflour or arrow-root with cold milk; when the other milk comes to a boil stir in the cornflour and stir continuously until it becomes thick, cook for a few minutes and then pour into a basin or mould which has been previously wetted in cold water. Part of the blanc-mange may be coloured with cochineal, or the mould may be ornamented with fruit. Let it stand to get cold, it can be served with jam round it.

BOILED BATTER PUDDING.

Take half a pound of flour, two eggs, one pint of milk, a pinch of salt, beat this well into a stiff batter, pour into a greased basin, tie a cloth over it and boil two hours ; serve with roast meat or with a sweet sauce.

BOMBAY DUCKS.

These are a long thin fish obtained in India. Dry them crisp in the oven and serve with curry and rice.

BONITA.

This is a deep water fish often caught from sailing ships, it is not very much appreciated, but it makes a change. Test the fish with silver to see if it is poisonous, then take the flesh off the bones and lay it in vinegar and water which will take the strong flavour away. Dry it well and fry it. Rub some salt into some of the fish, it will then keep and is very nice boiled. This fish can also be made into fish cakes, fish hash, or chowder ; it is really better made up in these ways than simply boiled or fried, as it is a very dry fish.

BOWLINE HASH (FRESH MEAT).

Take some potatoes, peel and cut them up the size of dice. Put them on to simmer in enough water to cover them, cut up an onion and some cooked fresh meat into pieces the same size as the potatoes, just brown the meat and onion in hot fat, add to the potatoes, season with pepper and salt.

Try and keep the pieces of potatoes whole. Some of the potato will probably break and thicken the liquor, if it does not, thicken the stew with brown flour.

BOWLINE HASH (SALT MEAT).

Cut the potatoes into dice, put on to boil with enough water to cover them, cut some cooked salt meat up in the same size, and put into cold water to soak, brown some onions. When the potatoes are nearly done add the meat and onions and a little mixed herbs, season with pepper, the meat will make it salt enough. If you are making this for the crew thicken it with browned flour. Extra water may be added, as sailors like plenty of gravy.

BREAD.

There are four ways of making bread on board ship : with a sponge, ferment, off the dough, or with leaven. I prefer to use the ferment. If this is made properly it can be trusted to keep in any weather. However, I give recipes for all the methods.

(1.) *Sponge*.—Take ten pounds of flour in your kidd, make a hole in the centre, pour in a pint of yeast, add a very little warm water, stir this round until it forms a thick batter in the centre of the flour ; stand this by for six hours, when it is ready mix in enough warm water and salt to make a dough, stand it by to prove it, when proved put it into the tins to prove again before baking. This is a very good way if your yeast is doubtful, as you only waste a small quantity of flour.

(2.) *Ferment*.—Boil four or five potatoes in their skins, or use potato peelings or preserved potatoes, peel them into a tripe jar with two or three handfuls of flour and a handful of sugar; mash them up, add some water so warm that it will be about blood heat, add a pint of yeast, mix together; this will be ready in three hours, or will stand twenty hours in a cool place. When ready strain into ten pounds of flour, add salt and warm water enough to make a stiff dough, when the dough is proved make it into loaves, prove twenty to thirty minutes and bake. If you are not quite ready for your bread, this dough can be knocked down two or three times and will come up better each time, in fact, it is better to knock it down the first thing you do when you go in to the galley in the morning; by the time you have served the coffee it is up and ready to go into the tins. The hop and potato yeast is the best for this.

(3.) *Off the Dough*.—This is merely taking your yeast and warm water and making the dough right up, but I do not advise this, as if your yeast is not quite right you will waste all the men's flour.

(4.) *Leaven*.—Take a piece of dough and break it up in warm water till dissolved, make it into a batter, put by to ferment, then add to your flour with sufficient warm water to make a dough. Always keep a piece of dough back for the next batch. By making bread this way it is really necessary to bake every day. In making bread the weather must be studied; in cold weather make it

a little slacker and the water warmer, in hot weather set it stiffer and cooler. Half salt and half fresh water may be used to save fresh water, but in this case no other salt. Remember the more you knock the dough about when making it the better bread you will have. If in hot weather your dough is inclined to be a bit sour mix a little carbonate of soda in a little warm water and work this into the dough and it will remove the sourness. When baking bread do not put it on the top shelf of the oven for the top heat will prevent the bread from rising; let it have bottom heat first. Take care the oven is really hot, the temperature should be higher than for pastry, about 450 degrees. To tell if the bread is done tap it on the top with your knuckles, if it sounds hollow it is done, if it gives a dull sound it is not ready.

BREAD PUDDING.

Soak some stale bread in cold water, squeeze the water out, rub in a little clarified fat, add some currants, sugar, and a little spice, grease a pie dish, put the mixture in, bake one and a half hours.

BREAD-AND-BUTTER PUDDING.

Butter some thin slices of bread, lay them in a pie dish and sprinkle a few cleaned currants on the top, repeat until the dish is full, pour a custard over it, and bake a light brown.

BREAD-AND-JAM PUDDING.

Spread some thin slices of bread with jam, place them together like sandwiches, cut them into small

squares, put into a pie dish, pour a custard over them, and bake.

BREAD SAUCE.

Take some fine bread crumbs, place them in a small saucepan, with a little milk. If condensed milk is used put in only a very little, add a small piece of butter, a squeeze of lemon or lime juice, a grate of nutmeg, pepper, and salt. Simmer until thick.

BRINE FOR SALTING.

Six gallons of water, ten pounds of common salt, one pound of rock or bay salt; if you have any Sal Prunella, add a quarter of a pound, this should be boiled several hours, removing all the scum as it rises. If the brine is not boiled it will not keep, especially in tropical climates. If a sweet brine is required, add a pound and a half of brown sugar.

BROWN HASH.

Take some cooked meat, cut into small thin slices, brown slightly in hot fat, brown some onions also, put meat and onions into a little water or stock, simmer for twenty minutes, add salt, pepper, and sauce, thicken with brown flour.

BRISKET OF BEEF.

Brisket is really a salting piece of meat, but it is often sent on board for the crew to use as fresh meat. It is very nice boned and braised, or made into beef *a la mode*.

BUBBLE AND SQUEAK.

Take some cold potatoes, cabbage, or any cold vegetables, an onion, a little salt meat, pepper, salt, and a little nutmeg; chop all together and fry. Serve with cold meat.

BULLOCK'S HEART.

Soak the heart in salt and water to cleanse it, then put it into boiling water, boil for fifteen minutes, take it out, cut off the deaf ears, stuff with veal stuffing, and bake. Boiling it before it is roasted takes off the greasiness. Serve very hot.

CABBAGE.

Take off the rough green leaves, cut the cabbage into quarters, put into salt water—this will drive the insects out. Have ready a saucepan of boiling water, with some salt and a little brown sugar in it; squeeze as much cold water out of the cabbage as you can before putting it into the boiling water, leave off the lid of the saucepan to let the volatile oil escape. To prevent cabbage smelling disagreeably while cooking, place a slice of bread on top of the water—it is best tied up in a piece of muslin. The fresher the cabbage the less time it takes to cook. Put a fork into the thick part of the stem to see if it is done.

CAPER SAUCE (SERVED WITH BOILED MUTTON).

Take a little liquor from the mutton, add a little butter, pepper, and salt; thicken with a little white flour; add capers and a little vinegar the last thing. If you have no capers chop up a little gherkin.

CARROTS.

Young carrots should be scraped and cooked whole; old carrots should be peeled and cut into quarters. Put into boiling water and cook them well, as they are very indigestible if not thoroughly cooked.

CAULIFLOWER.

Take off the outside leaves, let the small ones remain round the flower, make crossway cuts an inch deep in the end of the stem. Put it into salt and water for a time, then put it into boiling water with a little salt. Place the flower downwards, boil with the lid off, skim carefully, serve with melted butter.

CHICKEN BROTH.

On board ship chickens are as a rule boiled rather than baked, so as to have the broth to use as soup. Clean and truss the chicken; if it is to make broth alone, put it into cold water, but if the chicken is to be used separately put it into hot water, not boiling. Bring to a boil, simmer gently, and skim well. As you only require a small quantity of broth you must keep turning the chicken over in the water. Add a little well-washed rice and onion, chopped finely, and a few forcemeat balls. Remove the chicken, season the broth with salt and cayenne pepper, serve with small pieces of toast. Cut up the giblets small and boil in the broth.

CHICKEN AND HAM PIE.

Cut a chicken up into joints and stew for half an hour with a very small onion. Season with pepper

and salt. When done take the chicken out, put into a pie dish, putting slices of ham in between the joints. Thicken the gravy with a little cornflour, pour over the meat, let it get cold, cover with rough puff paste, and bake till the pastry is cooked.

CHRISTMAS PUDDING (CABIN).

Take three quarter pound each of breadcrumbs, flour, suet, well-washed currants and stoned raisins, half pound sugar, quarter pound mixed peel, a teaspoonful of spice, and two ounces of blanched almonds chopped. Mix with six eggs and a little milk. If you have no eggs use soda and acid. Half a teaspoonful of soda should be rubbed into the flour and a quarter of a teaspoonful of acid should be added the last thing, dissolved in a little water. A glass of brandy will improve the pudding. Do not make the mixture too moist, and be sure and tie it up tight. Put into boiling water and boil eight hours the day before it is to be eaten, and four hours before the day of using. You must be careful to keep the water boiling, and when adding more water let that also be boiling.

CHRISTMAS PUDDING (FORWARD).

For twenty men take ten pounds of flour, half ounce of salt, and one ounce of carbonate of soda. Rub these into the flour. Add three pounds chopped suet or fat, three pounds raisins, three pounds currants, and one ounce mixed spice. If sugar is allowed, add three pounds, if not, add a hook-pot full

of molasses. Put half an ounce of tartaric acid in some water and mix it into the pudding. Put the mixture into well-greased bouilli tins and steam fourteen hours, or into floured cloths and boil twelve with sweet sauce.

COD (BOILED).

Use enough water to cover the fish well, add one tablespoonful of salt and one of vinegar to each gallon of water, bring to a boil, and put the fish in. Allow time for boiling according to size; if a large thick cod is to be cooked boil five minutes; take it right off the stove and let it stand twenty-five to thirty minutes. If you have a very small fish, allow two minutes boiling and eight or ten minutes of the stove; the exact time must be left to the cook's judgment. Serve with melted butter, parsley butter, anchovy butter, or oyster sauce, use some of the fish liquor to make the sauce. Any other fish should be boiled in the same way.

COD'S ROE (BOILED).

Tie the roe in a clean cloth and put into boiling water with a little vinegar and salt, boil gently for twenty or thirty minutes according to size, serve with melted butter or clarified butter.

COD'S ROE (FRIED).

Tie the roe in a cloth, put it into boiling water with vinegar and salt, boil gently for ten minutes, then take it out, cut into half inch slices, egg and breadcrumb them or dip them into batter, and fry

ten minutes in hot fat until they are a nice golden brown. Be careful to drain the fat off. Serve hot. Garnish with fried parsley if you have it.

COLLEGE PUDDING.

Take a pound of breads crumb, rub in six ounces of chopped suet or fat; add six ounces of sugar, six ounces of well-cleaned currants, a quarter of a teaspoonful of spice. If you have eggs, beat up two with a little water, and mix in. A few sultanas and a little candied peel and nutmeg are an improvement, and the pudding is nicer mixed with milk instead of water. Put the mixture into a greased basin and steam it two and a half hours, or boil two hours. Serve with sweet sauce.

COTTAGE PIE.

Line a greased pie dish with mashed potatoes, then put in some meat, chopped, either preserved, cooked, or raw. If raw, brown it a little first, chop some onion finely and put it in, add a pinch of mixed herbs, salt and pepper, mix a little flour with cold water and pour over for gravy, cover this over with mashed potatoes and bake for three quarters of an hour. Try and keep the potatoes a light golden brown.

COFFEE TO (ROAST).

Keep one particular tin for this if you can, put the coffee in the tin with just the least bit of fat, put in the oven and occasionally stir it about so as to roast it equally right through, when the berries are

a nice dark brown and begin to crack and sweat it is done. Take it out and put in a cool place. Stir occasionally to allow the moisture to evaporate. Do not grind it until it becomes cold.

COFFEE FOR CABIN.

Warm the pot and put the coffee in dry with a lump of sugar or a little white sugar, let your water boil two minutes, pour it on the coffee, pour a little into a cup and back again several times, then pour in a little cold water to settle the grounds. Do not boil the coffee.

COFFEE FOR CREW.

Bring the water to a boil, put the allowance of coffee in, let it come to a boil again, dash a little cold water into the pot, draw off the stove. Do not boil the coffee for more than a moment or it will become bitter.

COCOA.

Mix the cocoa with a little cold milk, pour boiling water on it stirring all the time.

CRACKER HASH.

Pound the biscuit very fine, put it through a sieve if you have one, chop some onion and salt meat and add them, season with pepper and a few herbs, pour scalding water on the mixture. When it is soaked enough, add a little clean fat, put into baking pans and bake.

CURRANTS (TO CLEAN).

Wash the currants in cold water, dry them in a cloth, put them on the board and rub them with a little flour, this will remove the stalks. Pick them over and drop a few at a time on a tin or plate, if there are any stones in them you will hear a click on the plate.

CURRANT FRITTERS.

Take half a pound of flour, rub in a little salt and half a teaspoonful of carbonate of soda, put in two ounces of well washed currants and a little nutmeg, dissolve quarter of a teaspoonful of tartaric acid in water and mix into a stiff batter, take out with a spoon and fry in hot fat, a golden brown. If you have eggs and milk use them instead of soda and acid.

CURRANT CAKE.

Take six ounces of butter and six ounces of moist sugar, put them into a kidd, and place by the stove to soften the butter. Then take a pound of flour, mix in half a teaspoonful of carbonate of soda, add twelve ounces of cleaned currants, half a teaspoonful of spice and a quarter of a pound of chopped peel. Dissolve a quarter of a teaspoonful of tartaric acid in a little water. Then proceed thus:—beat the butter and sugar to a cream, add the eggs one at a time, beating well between each; when beaten into a smooth cream add the dry ingredients and mix up with the tartaric acid. Put the mixture into a greased tin and bake in a slow oven for one and three quarter hours.

CURRANT CAKE (WITHOUT EGGS).

Take one pound of flour, mix in half a teaspoonful of carbonate of soda, rub lightly in six ounces of butter, add half a pound of cleaned currants, six ounces of brown sugar, half a teaspoonful of spice, a little chopped peel if you have it. Mix all together, dissolve a quarter of a teaspoonful of tartaric acid in water, and mix the cake with this quickly. Put it into a greased tin and bake in a moderate oven for one and a half hours.

CURRANT ROLL PUDDING.

Take one pound of flour, a teaspoonful of baking powder, and a pinch of salt, rub in six ounces of chopped suet or clean fat, add half a pound of cleaned currants, half a teaspoonful of spice, and six ounces of sugar. Mix with cold water till stiff enough to make a long roll, tie up in a cloth. Steam two and a half hours or boil two hours. Serve with sweet sauce.

CURRANT ROLY-POLY.

Take one pound of flour, a teaspoonful of baking powder, and a little salt, rub in six ounces of clean fat, mix with cold water to an ordinary paste and roll it out square. Have some currants well cleaned, spread these on the paste, sprinkle a little sugar on them, turn the sides in about half an inch, the bottom also, wet the edges and roll from the top. Tie in a cloth, and boil one and a half hours.

CURRY (COOKED MEAT).

First get the rice on to boil, then cut up the onions and cold meat into pieces the size of dice, put a little clean fat into a stewpan, when hot put the onions in and fry brown, then put the meat in, also salt and curry powder. Keep stirring this round, so as to drive the curry into the meat, strain off the rice and use the conge water for the curry sauce. Do not use flour to thicken curry. Add a squeeze of lemon or lime juice, if not a teaspoonful of vinegar, add a grate of nutmeg, a little chopped apple or apple rings, one or two cooked potatoes cut small, and, if you have it, grated cocoanut and chopped cucumber. Let this simmer fifteen minutes. Serve the rice separately. It is no good stating the quantities of ingredients, as you have to use what is given you by the steward. Use your own judgment in the quantity of curry to use as there are a great many qualities in use. Skim the fat off before serving.

CURRY (RAW MEAT).

Proceed as for cooked meat, only instead of adding the conge water at once, add a little stock or water, and simmer for an hour, then add conge water to thicken it. Use the same ingredients. Raw meat curry is seldom used in ordinary ships as there is not time enough to do it.

CURRY (PRESERVED MEAT).

Get the rice boiled first and strained off, brown the onions, add curry powder and all the other ingredients except the meat. Add conge water and simmer until

it thickens, skim the fat off, take the meat carefully out of the tin, cut into cubes an inch thick and put into the curry five minutes before serving. Chutney may either be added to the curry or served on the table, the latter is the more usual way.

CURRY (FISH).

Cut an onion very fine, brown it in hot fat, add the curry powder, a little salt, nutmeg, and lemon, then add the conge water. As tinned fish is generally used, add it about five minutes before serving. If fresh fish is used, cut it small, and brown it a little in a separate pan, add to the curry and simmer ten minutes.

CURRY FOWL (COOKED).

Proceed as with cooked meat, but omit the potato, and, if you have any, put in some small mushrooms instead, use a little of the liquor the fowl is boiled in for the sauce, thicken with conge water.

CURRIED EGGS.

Put a little butter in a stewpan, add the curry powder, stir well together over the fire, add a little salt, nutmeg, and lemon, add sufficient conge water for the amount of sauce required, simmer until it becomes thick. Boil some eggs hard, shell them, cut them in half, lay in a dish, and pour the curry over them.

CUSTARD (BAKED).

Put a quart of milk (fresh or preserved) into a jug, add four well-beaten eggs, three ounces of white sugar, and a little essence of almonds. Beat this

well with a whisk, and pour it into a buttered dish, bake until set. If you use preserved milk or are obliged to make up the quantity of milk by adding water, add a little flour, this prevents the milk separating from the water.

CUSTARD (BOILED).

Put eggs, milk, sugar, and flavouring into a jug as for baked custard. Stand the jug in a saucepan of boiling water, stir until it becomes thick. Pour into cups or glasses, grate a little nutmeg on the top. Serve cold.

DANDY FUNK.

Break some biscuits small, and put them into some water to boil, add some salt meat, cut into half-inch cubes, and some onion if you have it. Add a few herbs and some pepper, stew until the biscuit is a bit soft, thicken with flour, and serve.

DATE PUDDING.

Take one pound of flour, a little salt, and a teaspoonful of baking powder, rub in six ounces of suet or fat, mix into a paste and roll out. Stone the dates, place them on the paste, sprinkle a little sugar over, turn in the edges, roll up, tie in a floured cloth, and boil.

DEVILLED BONES.

Take some bones with a little meat on them, sprinkle them with pepper and salt, grill them over a clear fire, serve hot with or without devil sauce.

DEVIL SAUCE.

Mix a dessert spoonful of mustard with an ounce of oiled butter, and a little cayenne pepper, salt, Worcestershire sauce, and a very little vinegar ; stir this together over the fire, it will thicken as it gets cool.

DOLPHIN.

Cook this in the same way as albacore and bonita.

DOUGHBOYS.

Take a pound of flour, a little salt and a teaspoonful of baking powder, rub in six ounces of suet or fat, mix into a slack dough, make into small dumplings and put them into boiling water, boil forty minutes. These dumplings can be served with roast meat or eaten with sugar and sweet sauce.

DOUGH NUTS.

Take half a pound of flour, add a pinch of salt, a heaped up teaspoonful of baking powder, an ounce of powdered white sugar and a little nutmeg. Mix with egg and milk or milk alone, turn the dough on to a paste board and make it into any shape you like, rings, balls, half moons, knots, twists, &c., but do not make them too large. Fry the dough nuts in enough hot fat to cover them.

DOUGH NUTS (BREAD).

Take some bread dough, work in a little butter, sugar, and nutmeg. Make the dough up into small shapes, let them stand by to rise, and fry them a golden brown in plenty of hot fat. A little jam may

be put in the centre of each dough nut by making the dough into balls, flatten out a little with the palm of the hand, put the jam in the centre, squeeze the edges together so as to keep the jam in.

DRY HASH (CABIN).

Boil some potatoes, strain off the water and mash them, boil and chop an onion, chop some cooked meat (salt meat is best), mix all together, season with pepper and a grate of nutmeg, add salt if necessary. Make the mixture into a round shape, using the lid of a stewpan to make it up on, fry in hot fat in a frying pan, using very little frying fat and turning it so as to brown both sides.

DRY HASH (FORWARD).

Boil some potatoes, mash them, chop an onion and some salt meat, season with pepper and a few mixed herbs, add a little clean fat, mix all well together; put the mixture in a baking pan and bake. This dish can be made with preserved potatoes.

DUCKS, TO PREPARE AND BAKE.

Pluck the duck and singe the young feathers off, cut the feet off and also the first joints of the wings. Cut the skin of the neck about two inches up, draw it back and cut the neck off close to the body, take the crop out, then cut just under the vent, insert the two fingers and draw out the inside, being careful not to break the gall. Wash the inside of the carcase clean and wipe it dry; draw the wings close to the side

and fix them with a skewer, do the same with the legs. Stuff the body and the crop with sage and onion stuffing. Sprinkle flour over the duck and bake it, baste continually. Forty minutes or more may be allowed for baking, according to the size. Clean the feet and giblets and stew them for gravy, or as is usual on ships, make them into giblet soup and serve a savoury gravy with the duck. Apple sauce should be served with duck, as well as a piece of salt pork.

DUCKS, STEWED.

If using cooked duck, cut into joints and put into a stew pan with enough water to cover them; if uncooked duck is to be used, cut it into joints and brown them in hot fat before stewing, brown an onion and add it to the liquor, also two or three cloves and a leaf of sage, stew until done. Remove the duck carefully, strain the gravy and thicken it with brown flour, season with cayenne pepper, salt, and a few drops of limejuice, or, better, a glass of sherry; a few forcemeat balls may be added. Serve with red currant jelly.

DUTCH SAUCE.

Make a quarter of a pint of melted butter, whip into it two yolks of eggs, add a little lime juice, a grate of nutmeg, cayenne pepper and salt. Be careful the egg does not curdle. If you have one or two tarragon leaves, chop them very fine and add to the sauce.

EELS (STEWED).

If the eels are large enough skin them by cutting through the skin just below the head. Stick a fork through the head and hold it down on a board and draw the skin down. Clean the inside, cut up into inch pieces. Put into enough boiling water to cover them and stew gently until tender. Skim the fat off. Season with pepper, salt and a grate of nutmeg. Add a little chopped parsley if you have it, and thicken with a little cornflour. Serve with small pieces of toast.

EGGS (BOILED).

Put the eggs into boiling water. Take them right off the fire and let them stand seven minutes. If the eggs are liable to crack prick them at each end with a fine needle and add a little salt to the water.

EGGS (HARD-BOILED).

Place the eggs in boiling water. Boil ten minutes, then plunge them into cold water so that the shell can easily be taken off. Use for garnishing, sandwiches, salads, &c.

EGGS (PRESERVED).

Grease the eggs with clean lard or fat, and place them in boxes end downwards, occasionally turning end for end. By greasing the egg the air is excluded, so that the eggs keep fresh. If eggs are put into salt or lime to preserve them the shell becomes brittle, and the yolk adheres to the shell, so that it is difficult to turn out an egg whole.

EGGS (POACHED).

If you have no poaching pan, place two or three plain pastry cutters in a frying pan with some boiling water in it. Add a little salt and vinegar, break the eggs gently into the rings. When done take them out carefully with a slice and serve on toast or boiled spinach. Sprinkle a little cayenne pepper on the top of each egg.

EGG SAUCE.

Make some good melted butter. If the sauce is to be used with fish use the fish water to make the sauce. Boil some eggs hard. Chop them finely, add them to the sauce just before serving. This sauce should be served with fresh or salt cod, or with boiled fowl.

EGGS (SCRAMBLED).

Break some eggs into a basin. Season with pepper and salt. Add a little chopped parsley, beat well together. Melt some butter in a clean frying pan. Pour the eggs into the butter and cook them, beating till the mixture is quite set. Have ready a slice of toast for each person. Put some of the egg on each piece. Serve very hot, with a little finely-chopped parsley sprinkled over it.

FISH (BOILED).

Have ready sufficient water to cover the fish. Add a tablespoonful of vinegar to each gallon of water, and some salt. Bring the water to a boil and then put in the fish. The time to be allowed for boiling

the fish must be left to the cook's judgment, and must depend on the size of the fish. For a small haddock or codling two minutes' boiling will be enough. A thick piece of cod or hake should be boiled five minutes, then taken off the fire and left to stand twenty-five or thirty-five minutes. Fish cooked in this way will be much firmer and more juicy than if put into cold or warm water and boiled up.

To take away the smell of fish boiling, place a piece of brown paper in the fish kettle.

FISH CAKES.

Boil some potatoes, strain off the water and mash them. Take any cold fish, salt or fresh, chop it finely, and add to the potatoes. Season with pepper, salt, nutmeg and a squeeze of lemon or lime juice. Mash all together. Form into small round cakes using a little flour to bind them; fry brown each side in a very little hot fat.

FISH (TO CLEAN).

Take the tail in the left hand and scrape the scales off the fish with a knife. Take the gills out, cut the fins off. Push the eyes out with your finger, cut the fish open, take the intestines out and rub the inside well with salt to clean it. Wash and dry the fish. Do not leave it in water or it will become soft.

FISH FRIED.

Fish can be fried several ways, either plain or in batter, in egg or breadcrumbs or egg and vermicelli.

Clean and dry the fish well, dip it in batter, or roll it first in egg, and then in breadcrumbs or vermicelli, shake off any loose crumbs, and fry it in plenty of hot fat. When the fish is done, let the fat drain off it and serve it on a hot dish.

FISH PUDDING.

Take about a pound of the meat of any large fish and chop it finely. Put it into a basin, with a pound of bread crumbs, two tablespoonfuls of flour, season with cayenne pepper, salt, nutmeg, lemon, and, if you have it, a little anchovy sauce. Mix into a stiff batter with a little milk and three eggs. Pour into a well-greased mould or basin and either steam two hours or boil one hour and a half. Turn it out and serve with anchovy sauce.

FLAP JACKS.

Take half a pound flour, a pinch of salt, a teaspoonful of baking powder and two ounces currants. Mix into a moderately thick batter with milk or water. Pour small quantities at a time into a frying pan with enough hot fat to cover them. They should not be larger than the palm of your hand, and about half an inch thick. Serve with sugar or jam.

FORCEMEAT BALLS.

Take some breadcrumbs, rub in a little butter or finely chopped suet. Add mixed herbs, the grated rind of a lemon, some cayenne pepper, salt and nutmeg, and, if you have it, a little chopped parsley ;

mix in the yolk of an egg to bind the mixtnre. Make up into balls and boil them for use in thick soups, &c. This mixture is used for stuffing roast fowls, veal, beef olives, &c.

FOWL (DEVILLED).

Cut a cold fowl into joints, sprinke them with pepper and salt, grill over a clear fire and serve very hot with or without devil sauce.

FOWLS (BOILED).

This is the usual way of cooking a fowl at sea, as the liquor can be used for broth. Cut the first joint of the wings off, take a long piece of twine and tie right round the wings bringing the twine up and across the breast. Press the legs into the side of the fowl and tie the twine round the ends of the legs and tail part; this will keep the fowl in good shape. Put it into warm water and simmer forty minutes or more according to size, serve with melted butter, parsley, butter or egg sauce. Keep the liquor for broth.

FOWLS (TO PREPARE).

When the fowl is plucked and singed, cut the legs off at the first joint, cut round the skin of the neck about three inches from the body, take the crop out, then cut right across the fowl between the vent and the tail, insert the two fingers of the right hand until you can feel the top part of the liver, put the fingers round this and pull the whole of it out. Be

careful not to touch the gall which is attached to the liver. Wash the fowl out clean. It is then ready for trussing.

FOWL FRICASSEE.

Cut a fowl into joints, if it is old skin it first. Put the pieces into warm water and stew for an hour, skim it well. Cut up a small onion and a small carrot, and put them in, also two or three cloves. Stir some flour and butter smoothly together in a saucepan on the fire. Remove the fowl from the liquor, strain and stir it gradually into the flour and butter. When the sauce is smooth, season with cayenne pepper, salt, and squeeze of lemon or lime juice. Return the fowl to the sauce, make a few forcemeat balls and put them in, also a few mushrooms; simmer for twenty minutes. Serve slices of salt pork or bacon round the dish.

FOWLS (TO PLUCK).

A quick way is to scald them, but I do not advise this as it helps to toughen them, and ship fowls are usually tough enough. Pluck the fowl by pulling the feathers towards the head, being careful not to break the skin. Pull out the wing feathers one at a time. If there are any young feathers or down on the fowl singe them off with burning paper.

FOWLS (ROAST).

Truss the fowl with the gizzard under one wing and the liver under the other, and keep them in place with a skewer. Stuff the crop and inside with

forcemeat stuffing. Draw the tail through the vent and skewer the legs into place. Put it into the oven with a little clean fat in the tin to baste it with. Bake forty minutes or more according to size, basting occasionally. Serve with brown gravy and bread sauce.

GIBLET SOUP.

As a rule you only get the giblets of two fowls or ducks to work with. Scald and clean the feet also the heads. Put them on in sufficient cold water to make your soup, and bring it to a boil. Cut up a carrot, a turnip, and an onion, and add them to the liquor. Add two or three cloves, a little pimento, and a little marjoram if you have it. Cut up the giblets into small pieces, put them into a little cold water to stew. When the stock is ready strain it on to the giblets, season with pepper and salt, thicken with brown roux or brown flour. A few forcemeat balls may be added.

GINGERBREAD.

Take a pound of flour, add two teaspoonfuls of baking powder, rub in four ounces of butter, add one tablespoonful of ground ginger and a teaspoonful of spice, mix up with twelve tablespoonfuls of molasses, a little sugar may be added, and if you have a little milk and two eggs to spare, beat them up and stir them into the mixture at the last, but in that case use less molasses. Put into a flat baking pan and bake one hour, when done brush over with sugar and water and cut into pieces.

GOOSE (DEVILLED).

Cut into pieces any remnants of a cold goose, sprinkle with a little pepper and salt, grill over a clear fire, serve very hot with or without devil sauce.

GOOSE (HASHED).

Cut any cold goose you have left into small pieces, dust them with flour and brown in hot fat for a few minutes. Then put them into a stew pan with a little water for stock. Cut an onion up small and brown in the fat, add it to the stew with two or three cloves, season with pepper and salt. Thicken the gravy with brown flour. Serve with mashed potatoes.

GOOSE (RAGOÛT).

Cut an uncooked goose into joints, brown them nicely in hot fat. (If you like before browning the pieces, lard them with strips of bacon, if you have no larding needle cut a little slit in the flesh and run the bacon through the slit.) When browned put the pieces in a stewpan, and just cover them with warm water or stock, add a bay leaf, a few cloves, and a few browned onions. Simmer gently for two hours, when done take the goose out carefully, strain the gravy, season with pepper and salt, thicken with brown flour. If you have it, add a glass of sherry. Pour the sauce over the goose, and serve hot with red currant jelly.

GOOSE (ROAST).

After cleaning the goose, make a stuffing with bread, a little chopped suet, sage and onions, pepper and salt. Moisten these with a little water. Stuff both ends of the goose and draw the skin well over the openings, cut the wings off at the first joints, draw them down to the side and put a skewer through. Do the same with the legs, then tie them in place with a piece of twine. Dust the goose with flour, put it in a baking tin with a little fat, grease a piece of paper and place it over the goose. Put into a sharp oven and bake two to three hours according to size, baste well. After the first quarter of an hour lower the heat of the oven. Serve with brown gravy and apple sauce, the giblets may be used for soup or gravy.

GREEN PEA SOUP.

Soak the peas over night, put them into cold water and proceed as for pea soup. Rub through a sieve or strain before serving. Serve with small pieces of toast, not fried bread.

GRILLED BONES.

Take beef or mutton bones with a little meat on them, sprinkle a little pepper and salt on them, and grill over a clear fire. Serve very hot with or without devil sauce.

HALF-PAY PUDDING.

Take half a pound of flour, and half a pound of breadcrumbs, mix in a little salt and a teaspoonful

of baking powder, add half a pound of chopped suet, six ounces of currants, six ounces of sultanas or raisins, three tablespoonsful of molasses, and enough milk to make a stiff batter. Beat five minutes, pour into a greased mould or basin, boil three hours or steam four hours, and turn out. Serve with sweet sauce.

HAM (BOILED).

As hams for sea use are usually very salt soak the ham which is to be cooked for twelve hours at least, then put it into cold water and bring it to boil. If the ham weigh ten or twelve pounds boil it gently fifty minutes, take the pot off the fire and let the ham cool in its own water, remove the rind, and sprinkle bread rasping over it.

HAM (FRIED).

Cut the ham about a quarter of an inch thick. If it is salt soak it in cold water, dry it, and then fry it in a hot pan. There is generally enough fat on the ham to cook it without putting any more into the pan.

HAM AND CHICKEN CROQUETTES.

Cut up some cold fowl and ham very finely. Put these into a stewpan with a very little stock or water, season with pepper, salt, nutmeg, or lemon, also a little chopped parsley if you have it. Simmer till the mixture thickens, or if there is not time for this you can thicken it with a little flour or bread crumbs. Let it stand by to cool, when cold make up into balls or in the shape of small sausages, wash them over

with yolk of eggs, roll in bread crumbs and fry in hot fat till a light golden brown. Serve very hot with a garnish of fried or chopped parsley.

HARE (BAKED).

Clean the hare and dry it, stuff with veal stuffing and sew it up. Skewer the legs to the sides, also skewer the head either upright or to the side. Put it in a baking pan, lay slices of bacon or pork over it, and bake in a moderate oven one or one and a half hours according to size, baste well or it will be very dry, when done remove the bacon and brown the back with a hot shovel. Serve very hot with brown gravy, bread sauce, and currant jelly.

HARE (JUGGED).

Cut the hare into joints, brown them nicely in hot fat, and place them in a jar. Add enough warm stock or water to cover, season with pepper and salt. Put into a piece of muslin a small piece of cinnamon, four cloves, a small piece of mace, and a bunch of lemon thyme. Tie it up and put it into the jar. Put a plate on the top and let it stand in the oven for four hours, or better still, stand the jar in a saucepan of boiling water for three hours. Be careful to cover the jar. Make a brown roux with butter, flour, and a little onion. When the hare is done, remove the meat carefully, thicken the gravy with the roux, strain over the hare. A glass of port may be added, and will improve it. Force meat balls are often cooked with this dish. Serve hot with currant jelly.

HARICOT BEAN SOUP.

Soak the beans over night. Put on in cold water as for pea soup. Use what vegetables you have instead of celery, and use a little finely rubbed dry sage, flavour with ham or pork. Season with pepper and salt, and strain before serving.

HARICOT MUTTON.

Take the neck, breast, and chops of mutton. Cut into two inch pieces, brown in hot fat, and put into a stewpan with enough stock or water to cover it. Brown some onions and add. Put in a few cloves, season with pepper and salt. Cut up some carrots and turnips, put them in, and simmer for one hour. Remove the meat and vegetables. Put them on a hot dish. Skim the fat from the gravy, thicken with brown flour and pour over the meat. It is not necessary to have a large quantity of gravy. If you have some haricot beans cooked, put a few in just before serving.

HODGE PODGE.

Cut some fresh beef into large cubes, brown them in hot fat, also a few onions. Put into a stewpan and cover with stock or water. Cut up some carrot and turnip into small dice and put them in. Season with pepper and salt. If you have any green peas put them in. Simmer for one hour. Thicken with brown flour and serve.

HORSERADISH SAUCE.

Mix a little condensed milk with cold water, add a little made mustard, vinegar, pepper, and salt. Grate

sufficient horseradish in to make a thick cream. This may be used for either cold or hot meat.

ICING FOR CAKES.

Take a pound of very fine sifted sugar. Squeeze in a few drops of lemon. Add the white of five fresh eggs and stir with a wooden spoon until it becomes quite smooth and thick. Spread it on the cake and dry in the oven with the door open. This may be coloured in different ways with cochineal, chocolate, &c.

IRISH STEW.

Take the neck or breast of mutton, cut it into two-inch pieces, put into a stew pan with enough warm water to cover it, bring to a boil, and skim it well, season with pepper and salt, add some potatoes whole, and turnips and onions cut into quarters, simmer for one hour. Do not thicken it, the small potatoes will break and thicken it, and the large ones keep whole.

JULIENNE SOUP.

Make a clear stock by cutting up two pounds of beef, an onion, carrot, and turnip, put them into three quarts of cold water, add a piece of celery and two or three cloves, bring to a boil and skim well. Reduce to two quarts by boiling with the lid off; strain through a fine sieve or tammy. If it is not quite clear, beat up the white of an egg with a little cold water, stir this well in, and skim well when the scum rises. Have ready a little carrot, turnip, and

cabbage, cut into thin strips, put these into the soup and boil until done, season with a little cayenne pepper and salt. A glass of sherry will improve it, but is not necessary.

KEDGEREE.

Take one pound of rice, wash well, and boil very dry. When dry, take one pound of salt fish or two pounds of fresh, remove all bones, chop fine and mix with the rice in a saucepan, add a small piece of butter, a little salt, if required, a grate of nutmeg, a squeeze of lemon, or a little lime juice, and a little curry powder, enough to colour it, if it is liked hot, use a little cayenne pepper. Boil two eggs hard, chop up the yokes and add them. Stir all together with a fork over the fire for ten minutes, serve very hot. The white of the eggs can be used to decorate the top.

KIDNEYS (STEWED).

Cut some bullocks' kidneys into slices, or sheep's kidneys into halves, and brown slightly in hot fat. Put into enough stock or water to cover them. Stew gently for two hours. Make ready a brown roux, composed of butter, flour, onion, and carrot. When the kidneys are done, take them out, season the gravy with pepper and salt, thicken with the roux and strain over the kidney. Serve very hot.

KIDNEYS (GRILLED).

Cut your kidneys nearly in two through the centre, spread them open and put skewers through them.

Sprinkle with pepper and salt, and grill over a clear fire. When done take them off the skewers, place on a hot dish, put a small piece of butter on each, and serve hot.

KIDNEY SOUP.

Put into a saucepan enough water for the quantity of soup required, allowing for evaporation while boiling. Cut up a carrot and a couple of onions and brown them in hot fat, then put them into the saucepan, add a few cloves, some pimento, a little thyme. Let this simmer for an hour, then strain off the vegetables and return the liquor to the pot. Cut the kidneys up small, put them in and boil gently for an hour and a half. Season with pepper and salt. Thicken with a little brown flour. The soup will be improved by the addition of sherry.

A better soup would be made by using stock instead of water, but as so few ships' cooks are able to keep a stock pot the above recipe is given.

LIVER AND BACON.

Wash the liver well, dry it, and cut it into thin slices, put a little flour into a basin with a little sage and pepper. Roll your liver in this, then cut the bacon into slices and fry, and put it on one side. Fry the liver brown in hot fat. When done put it into a stewpan with a little water, brown an onion and put in, simmer for half an hour, place the bacon on the top and simmer for another quarter of an hour. Skim the fat off and thicken with the flour

left in the basin. Mix into a batter with some of the stock. Do not add salt as the bacon will be salt enough. This is an economical way of cooking liver, and makes it more moist and tender than when only fried.

LOBSCOUSE.

Boil some potatoes and mash them in the saucepan, chop some lean salt beef very fine and add it to the potatoes, with a small piece of butter and a little milk (condensed milk will do), season with pepper, salt, and nutmeg. Beat all together over the fire with a wooden spoon until it is smooth and creamy, serve very hot on a hot dish.

LOBSTER PATTIES.

Take the meat of a cooked lobster, cut it up and put into a small saucepan with a little water or fish stock, bring to a boil, season with pepper and salt, add a little anchovy sauce if you have it, or if the lobster has a coral, pound that up and add it, thicken with a little cornflour. Put the mixture into patty cases and serve hot. Tinned lobster can be used for this dish.

LOBSTERS (BOILED).

Lobsters should not be put alive into boiling water, this is very unnecessary cruelty. They can be killed by being put into water which has been boiled for some time so that all air which it contains has been boiled out, this water should be allowed to get cold and the lobsters then put into it. They will die a

painless death from suffocation. When they are dead plunge them into boiling water and boil about twenty minutes, according to size. To make them a good colour, plunge a red hot poker into the water.

LOVE IN DISGUISE.

Take some sheep's or lambs' hearts, clean them, put them into boiling water, simmer twenty minutes. Take them out, stuff them with veal stuffing when cold, enclose them in puff paste, and bake until done—about twenty minutes.

MACARONI CHEESE.

Put some macaroni into boiling with a little salt, when tender strain off the water, put the macaroni into a greased pie dish with a little piece of butter and some grated cheese. Mix a little condensed milk with water, add a teaspoonful of dry mustard, some pepper, and salt, a grate of nutmeg, one or two eggs, and some grated cheese. Beat altogether, pour over the macaroni, bake till it is a nice golden brown, take it out, sprinkle a little grated cheese over it, and serve hot.

MACARONI PUDDING.

Put the macaroni into boiling water. When done strain off, put into a pie dish, make a custard with condensed milk, sugar, and eggs. If you have no eggs use a little butter and flour to thicken the milk, pour over the macaroni and bake. Grate a little nutmeg on the top, if liked.

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MACARONI AND TOMATOES.

Boil the macaroni, strain off the water, put the macaroni into a deep dish, make a sauce of tomatoes (see Tomato Sauce), strain this over the macaroni, and serve.

MACARONI SOUP.

Break some macaroni into pieces an inch long, put them into some stock previously made, and boil until the macaroni is cooked. Season the soup and serve.

MAITRE D'HOTEL SAUCE.

Put some water into a small saucepan with a little butter and salt, bring it to a boil, and thicken with a little flour or cornflour. Let it cook ten minutes, stirring all the time, add some chopped parsley just at the last. The foundation for this sauce can be used for many others as fish, egg, anchovy sauce, &c., by adding the different items mentioned instead of parsley.

MATRIMONIAL PUDDING.

Rub some stale sponge cakes through a sieve, pour over them enough boiling milk to make a batter, add a little butter and a few sultanas, pour into a pie dish and bake. Whip up two or three whites of eggs with a little fine white sugar very stiff, when the pudding is baked take it out; heap up the whites on the top, and place in the oven for one minute to set the whites, serve hot.

MAYONNAISE SAUCE.

Take the yolks of two hard boiled eggs and two of raw eggs without the whites, beat them well together to a smooth paste, add a little salt and cayenne pepper, then add, drop by drop, three table-spoons of salad oil, stirring well all the time. When smooth add a few drops of vinegar. If this is stirred over steam it will come nice and thick. You must have it very smooth.

MEAT AND POTATO PIE.

Cut some cold meat into pieces about an inch square, put it into a pie dish, chop up an onion and sprinkle it over the meat. Moisten in a little flour, mixed herbs, pepper and salt, with some water; pour this over the meat. Put slices of cooked potatoes over on the top. Cover with short paste and bake for about one hour.

MINCED COLLOPS (COOKED MEAT).

Chop some lean meat finely, put it into a stewpan with enough warm water to make the gravy; season with nutmeg, pepper, salt, and a little lemon or lime juice. Simmer twenty minutes. Make a border of mashed potatoes and pour the mince into the middle; or if you prefer it serve with sippets of toast.

MINCED COLLOPS (RAW MEAT).

Take some lean beef, chop very fine, put into hot fat till it is just lightly browned. Strain all the fat off, season, and proceed as above.

MINCEMEAT FOR PIES.

Take one pound each of chopped suet, chopped and stoned raisins, cleaned currants, sultanas, chopped apples or apple rings, and of sugar. Add one teaspoonful of spice, half a pound of chopped candied peel, a little lime juice, and a glass of brandy, mix well together. This will keep a long time. If the mince meat is made in port add half a pound of lean beef or fresh tripe chopped fine, and mix well with the other ingredients.

MINT SAUCE.

Take half a pint of vinegar, add some finely-chopped mint, also a little salt and sugar to sweeten. This should be made in harbour with fresh mint, and bottled up tightly. It will keep a long time.

MOCK CRAB.

Take any kind of soft cheese and break it well up with a fork, add a little mixed mustard, salt, pepper, and a little vinegar. Mix well together with a little butter and serve it on toast. If this is put into jars it will keep.

MOCK TURTLE SOUP (FOR SEA).

Make enough stock for the soup required with fresh meat if you have it, if not take preserved meat. Boil it well, take an onion, a carrot, and a turnip, cut them up and brown in hot fat; add them to the stock with a few cloves, allspice, and a little mixed herbs. Simmer this for an hour, strain off, and rub through a sieve; put on the fire again, add a teaspoonful of lime juice, season with pepper and

salt. Cut a slice of streaky salt pork which has been cooked into dice, add it to the soup, also a few forcemeat balls. Thicken the soup with browned flour and serve.

MUTTON (BOILED LEG).

Put the mutton into boiling water, let it boil fast for fifteen minutes, draw on one side, simmer until done. Allow a quarter of an hour to each pound and a quarter over. Serve with caper, chopped gherkin, or onion sauce.

MUTTON (BAKED LEG).

Cut the shank off and stew it for gravy. Put the mutton in a hot oven for the first twenty minutes, then let it cook gradually, basting occasionally. Allow a quarter of an hour for each pound and a quarter of an hour over. When taking out of the baking pan do not stick the fork into the meat, but take it out by the knuckle. Empty the fat out of tin, pour your shank liquor in, add a little salt, stir this in the tin, and boil it over the fire. Serve in a sauce boat.

MUTTON BROTH.

Take the shanks and neck of mutton, put them into cold water, cut up and add a carrot, an onion, and a turnip. Put in a little allspice and thyme or marjoram. Simmer gently for two hours, strain off. Put the liquor on the fire again, remove all the scum and fat; add some pearl barley previously boiled for two or three hours, season with pepper and salt. Boil up and serve.

MUTTON CUTLETS.

Take the best end of the neck of mutton, cut it into chops, remove the fat, trim the end of the bones clean, brush the cutlets over with egg, roll them in bread crumbs, and fry in hot fat for three or four minutes. If you have no eggs sprinkle some fine sifted biscuit dust over the cutlets, and fry.

MUTTON CHOPS (FRIED).

Cut a loin of mutton into chops, trim a little of the fat off, have ready a deep pan with plenty of hot fat, put the chops in and fry them. If the chops are covered with fat all the juices will be kept in the meat.

MUTTON CHOPS (GRILLED).

Cut a loin of mutton into chops, trim off some of the fat, sprinkle a little pepper and salt over them. Grease the grid and put them on it over a clean fire, directly one side is hot turn it over. Keep turning the chops over every few seconds until done.

MULLIGATAWNY SOUP.

Cut up a fowl into small pieces and put them into two quarts of cold water, bring to a boil. skim and simmer one hour and a half; put a little clean fat into a stew pan, when it is hot put in a carrot and onion sliced up, and a few apple rings, brown them nicely, add curry powder to taste, and a tea-spoonful of lime juice, take the fowl from the stock and put in the other ingredients, simmer for half an hour, then

thicken a little with brown flour, and strain, put in the fowl again, add a few diced pieces of streaky pork, boil up, and serve with plain boiled rice.

MUSHROOM SAUCE.

Stew some mushrooms gently in brown gravy for two hours, with a little chopped onion, three cloves, pepper, and salt. Brown some flour and butter in a small saucepan, add to the mushroom and gravy, and put through a sieve.

NORFOLK DUMPLINGS.

Make some bread dough into small dumplings, prove them for a short time, and drop them into boiling water, boil gently for twenty minutes, then take them out and drain. Serve immediately either with sugar and lime juice mixed together, with butter and sugar, or with molasses. These dumplings must not be allowed to stand after they are cooked, or they will be heavy. They should be eaten with two forks.

OATMEAL CAKES.

Put a breakfastcupful of oatmeal into a basin with a teaspoonful of salt; mix with cold water into a stiff dough, Sprinkle a little oatmeal on a pastry board, mould the dough into a ball, roll it out into a round cake. Heat a griddle or an oven sheet, put the cake on it and place it over a clear fire. When brown on one side turn it quickly and brown the other. Serve hot with butter.

OATMEAL PORRIDGE.

Have ready some boiling water, put in a little salt, drop oatmeal into the boiling water through your fingers, stirring all the time, when it is thick enough simmer it gently for two hours, stirring occasionally. If it is made overnight it should be boiled up and then put into a jar and put in the oven all night. Warm it up in the morning and add more water if necessary. If it gets done in this way it gets thoroughly cooked, To prevent the porridge sticking to the saucepan after it is cooked, the saucepan should be put to stand on the cold deck.

OATMEAL WATER.

For firemen, or men working in the hold where they perspire freely, this is much better to drink than plain water. Stir some oatmeal into some cold water in a bucket, add just enough lime juice to flavour it. When the meal has settled the water will be ready for use. Keep it in a cool place to prevent fermentation.

ONIONS (BOILED).

Peel some good sized onions, stick a clove or two into them, and put them into boiling water with a little salt. Boil until done, then take out the cloves and serve with melted butter.

ONION SAUCE.

Cut up some onions, put into a small saucepan. Put in as much water as sauce required. Simmer

gently until done. Add a little butter. Season with pepper and salt, thicken with a little batter of flour and water. Let it cook another ten minutes and serve.

ORANGE FRITTERS.

Make a thick batter with flour, milk, and one or two eggs. If no eggs can be had, use carbonate of soda and tartaric acid, or baking powder. Peel some oranges, divide them into quarters and put these into the batter. Have ready a stewpan with plenty of hot fat and drop spoonfuls of batter with a piece of orange in each into the fat. Cook them a nice golden brown. Lift them out with a skewer, and let the fat drain off. Serve hot with crushed sugar over them.

OYSTERS (FRIED).

Open the oysters. Take off the beard. Dry them, wash them with egg, roll them in bread crumbs, and fry them in hot fat for about one minute, then take them out, drain off the fat. Serve up on toast.

OYSTER FRITTERS.

Make a thick batter with flour, milk, and eggs, season with pepper and salt. Put in the oysters, take a spoonful of batter and one oyster, drop into hot fat, fry a golden brown.

OYSTER PATTIES.

Put the liquor from the oysters into a small saucepan with a little water, put in a small piece of

butter, season with pepper and salt, thicken with a little cornflour, cut the oysters into quarters and put them into the sauce, have ready some patty cases made from puff paste. Put the sauce in the cases. Put the top on and serve hot.

OYSTERS (RAW).

Open the oyster with a stiff knife. Be careful not to cut the oyster. When open cut them off the shell, rinse the shell in clean water. Put the oysters on the shells. Serve with brown bread and butter.

PANCAKES.

Put half pound flour and a pinch of salt into a basin, beat two eggs in a pint of fresh milk, or condensed milk with cold water, add them to the flour by degrees, beating all the time till a nice smooth batter is made (it must not be thick). Put a clean frying pan on the stove with a little fat in it, let it get hot. Pour the batter into a jug, and pour a little at a time into the hot frying pan, and let it cover the bottom of the pan. When it is set, shake the pan so that it may not burn. When it is a nice brown on one side, toss it over and cook the other side. Turn it out on some sifted sugar, sprinkle a little lime juice and sugar on it, roll up, and serve hot. The batter will be lighter if it is left to stand some time before being used.

PANCAKES WITHOUT EGGS.

Put half pound sifted flour into a basin, and a pinch of salt and a teaspoonful of baking powder,

stir in enough milk or water to make a thin batter, beating all the time, but do not beat it longer than necessary. Pour a very little into the pan, turn quickly, roll in sugar and lime juice, and serve hot. This mixture must be used immediately it is made.

PARSLEY SAUCE.

Put the quantity of water required for the sauce into a small saucepan, add a small piece of butter, pepper, and salt. Bring to a boil, thicken with batter. Let it cook gently for fifteen minutes, add a little finely-chopped parsley.

PASTRY.

(1.) *Flaky*.—Take one pound of flour and one pound of butter, lard, or margarine. Work the water out of the butter, and divide it into five parts. Rub one part into the flour, then mix it with water into a dough the same consistency as the butter. Let it get cool, roll out about an half an inch thick. Break one piece of butter into small pieces and place them on the paste, dust with flour, fold half to the right then half to the left. Roll out and repeat until the four pieces of butter are worked in. If you have time let the pastry stand between each roll. When the butter is worked in, roll out twice more, six times in all, then it is ready for use. Bake in a hot oven.

(2.) *Puff*.—Take one pound of flour, one pound of butter. Mix the flour with water into paste, flatten it out a little, put the butter on one half, fold the

other over it, and roll out four times, folding it in three each time. Be careful not to break the pastry so as to let the butter come through, or to roll out any air bubbles. The pastry should be put aside to stand a quarter of an hour in a cool place between each rolling. Bake in a hot oven.

(3.) *Rough Puff*.—Take one pound of flour and three quarters of a pound of butter or lard, chop the butter in the flour with a knife, mix up into a dough, and roll out six times, folding to the right, then to the left, and dusting with flour each time.

(4.) *Suet Puff*.—With one pound of flour use three quarters of a pound of suet. Put the suet through the mincing machine, then beat it with the rolling pin, and divide into five parts, chop one part into the flour. Put a teaspoonful of lime juice into some water, and mix up the flour and suet into a dough, roll it out, cut another piece of suet into thin slices and put them on the dough, dust with flour, and fold. Repeat till all the parts of suet have been rolled in, then fold and roll it twice more and use.

(5.) *Short*.—(A) *Good*.—Take one pound of flour, a pinch of salt, and half a pound of butter, lard, or dripping. Rub the salt and fat into the flour as lightly as possible. Mix into a firm dough with water. Roll out twice and use. (B) *Economical*.—Take one pound of flour a pinch of salt, a heaped-up teaspoonful of baking powder, a quarter of a

pound of clean fat or clarified slush. Put the salt and baking powder into the flour, rub in the fat, and mix into a dough, and use. It should be put into the oven quickly.

(6.) *Raised Pie.* — Put one and a half pounds of flour into a basin with a teaspoonful of salt, melt a quarter of a pound of lard in a quarter of a pint of scalding water. Mix the flour into a stiff, smooth paste with the hot water and lard. If the pies are to be made in tins, shape the pastry in the tins, if not roll out the pastry, cut a round out for the bottom of each pie, then cut a strip the depth of the pie, wet the edge of the bottom piece, stand the strip of paste round it just inside the edge, wet the ends and join them together. Pinch the bottom on to the side with the thumb and finger, put the meat and seasoning in, put on the top piece of pastry, pinch the edges together, and bake until done. The pie should be a golden colour.

SUET PASTRY (PUDDING DOUGH).

To one pound of flour, use half-pound of suet. Chop the suet finely, mix half-teaspoonful of baking powder with the flour, a pinch of salt, add the suet, and mix it to a fine dough with cold water.

PEA SOUP. /

Wash the men's allowance of peas. Put them into a saucepan allowing a pint and a quarter of cold water to each man, put it on the fire and bring

gently to a boil, then skim off the white froth. If the peas are old, and will not break, put a rusty nail or bolt into the pot, this will soften them. A little brown sugar would serve the same purpose, but do not use soda. When the peas begin to break add onion, carrot, and turnip chopped small, or preserved vegetables, and a little celery seed if you have it. Add a ham bone or some bacon rind. These should always be saved for the pea soup, but if there are none to be had take out a piece of salt pork before it is quite done and finish cooking it in the soup. When the soup is cooked take out the pork. Season the soup with pepper and salt, add a little dried mint and serve with fried sippets of bread. If the soup is too thick splice it with boiling water, if it is too thin take off the lid of the saucepan and boil the liquor hard to reduce it. If whole peas are used they should be soaked overnight. The froth which is skimmed off the soup can be used in making bread.

PEASE PUDDING.

Put the peas into a piece of canvas, tie it up firmly and put it into cold water, bring to a boil, and boil two or three hours according to the quantity of peas. When done put the peas into a kidd, add pepper and salt, and beat them till smooth. Serve hot.

PICKLED HERRINGS

These are generally kept in kegs, and are cooked by being soaked and boiled, but a nice dish can be made of them in the following way:—take the

herrings out of the brine, skin them, and soak them for twelve hours, changing the water several times; then fillet them and lay them in vinegar and pepper. Chop some onion finely and put on the herrings, let them stand an hour, and serve.

PIQUANTE SAUCE.

Chop an onion up, and put into a small saucepan with a little vinegar. Let it boil until nearly all the vinegar has evaporated, then add some gravy, season with pepper and salt. Add some chopped capers or gherkins, thicken it a little with browned flour, and serve.

PLAIN CAKE.

Put two teaspoonsful of carbonate of soda and a pinch of salt into two pounds of flour; rub in twelve ounces of clean fat, then add one pound of currants, twelve ounces of brown sugar, a teaspoonful of mixed spice. Dissolve a teaspoonful of tartaric acid in a little water, mix up the cake with water adding the tartaric acid at the last. Put it in a greased tin and bake it two hours in a moderate oven. A tablespoonful of carraway seeds may be substituted for the currants.

PLUM DUFF (PLAIN FOR CABIN).

Add one teaspoonful of soda and a pinch of salt to one pound of flour. Rub in a quarter of a pound of clean fat or chopped suet, and half a pound of stoned plums, quarter of a pound of sugar, and half

a teaspoonful of spice. Dissolve half a teaspoonful of tartaric acid in water, mix up the pudding with water to a moderately slack dough, put it into a floured or watered cloth, tie it up tightly and put it into boiling water. Boil for three hours.

PLUM DUFF (RICH).

Take one pound each of flour and breadcrumbs, rub in twelve ounces of chopped suet or clean fat, add twelve ounces of stoned plums, half pound currants, twelve ounces brown sugar, quarter of a pound of chopped candied peel, half a teaspoonful of spice, and mix it up with six eggs and a little milk or water. If liked add a glass of rum or brandy. Tie it up tightly in a double cloth and boil for ten hours the day before it is to be used. Boil two hours more before serving.

PLUM DUFF (FORWARD).

Take the allowance of flour, allow a teaspoonful of baking powder or half a teaspoonful of soda to each pound, rub in four ounces of clean slush to each pound, add the allowance of plums, put in a little molasses, mix up with water. Put the dough into duff bags and boil four or five hours. When serving cut each man his whack to save disputes.

PLUM DUFF WITH YEAST (FORWARD).

Take the men's allowance of flour, rub in a little clean slush, add the allowance of plums. Make a bay in the centre of the flour and add your yeast as for bread, mix it up with enough warm water (two-

thirds sea water and one-third fresh water), to make a slack dough ; set it to prove over night. In the morning take it out and put it into several clean and greased soup or bouilli tins, let it prove again and steam four or five hours.

POTATOES (BOILED).

Choose potatoes as much of one size as possible, scrub them and peel them thinly, put them into boiling water with a little salt, simmer very gently until done ; they should be tried with a fork. Strain off the water (some potatoes are better strained off when half done and then finished by steam). Sprinkle a little salt on them, and then shake up from the bottom to the top of the pan. Then raise the lid and stand the pan on one side of the stove to let the steam off and make the outsides of the potatoes floury.

POTATOES (BAKED).

Peel the potatoes and put them into a baking tin, sprinkle a little salt and pour a little hot fat over them, and bake them till done. When in harbour they may be baked under a joint of meat.

POTATO BALLS.

Sprinkle some mashed potatoes with flour, make them up into balls or in a round flat shape, brush them over with egg, roll in breadcrumbs or biscuit dust, and brown in hot fat. Take them out, drain off the fat, and serve hot.

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POTATO CHIPS.

Peel the potatoes and cut them into strips or round slices, dry them with a cloth, and fry them crisp in plenty of hot fat. Take them out, drain the fat off, sprinkle a little salt on them, and serve hot.

POTATO CAKES.

Take some cold boiled potatoes, sprinkle them with flour, mash them up, season with pepper and salt, add a little baking powder, mix them with cold water into a paste just stiff enough to roll out. Cut into cakes and fry until brown each side in hot fat. Take out and drain, serve hot.

POTATO (MASHED).

Boil some potatoes; when cooked strain off the water. Add salt, cayenne pepper, and a little butter, mash well together, serve hot. They should be mashed in the saucepan with a rolling pin.

POTATO MOULD.

Boil some potatoes, mash them and put into a greased, fluted mould, turn out and wash over with yoke of egg. Slightly brown in the oven, serve hot.

POTATO SNOW.

Boil some floury potatoes very dry, pass them through a wire sieve into a dish, serve hot.

POTATO SOUP. /

Put the quantity of water required for soup into a saucepan, allow about six potatoes to each quart, according to size, peel the potatoes, cut them up and

put them into a pan, with warm not very hot fat, so that the potatoes will absorb the fat, stir them well and do not brown them. Then put the potatoes into the water and boil; as the potatoes break, mash them, add a carrot, turnip, and onion cut up, if you have a ham bone or bacon rind, boil that with it, season with pepper, salt, and a grate of nutmeg; pass through a sieve before serving.

POTATO (STEAMED).

Peel some potatoes, put into a steamer over a saucepan of boiling water, sprinkle a little salt over them and steam, when done lift the lid. If you have no steamer put a little water in a saucepan, put in a deep saucer, and place the potatoes all round and steam that way.

PORK FAGGOTS.

Take some lean pork, with a little fat, a small quantity of the lights, some soaked bread and chopped onion, season with pepper, salt, and sage. Put all these ingredients together, through the mincing machine, grease a baking tin, make the mixture into balls, place them in rows on the tin, pour a little water over them to keep them moist and bake them one and a quarter hours.

PORK (BOILED LEG).

Place the leg of pork in a saucepan of cold water, bring gently to a boil. Allow a quarter of an hour to the pound, and a quarter over. Boil gently. Serve with pease pudding and parsnips.

PORK AND BEANS.

Boil a piece of salt pork ; boil some haricot beans and put them into a jar, season with pepper. Put the pork on the beans, cover the jar, put it in the oven and bake. If the beans get dry before the meat is cooked add a little water.

PORK CHOPS.

Cut a loin of pork into chops, if the pork is large remove the rind, sprinkle the chops with pepper and salt. Fry in hot fat and serve with brown gravy.

PORK (ROAST).

Score the pork well with a sharp knife, put into a hot oven and allow twenty minutes to each pound, and twenty minutes over. If you are cooking a very large leg, it is better to steam it for an hour before putting it into the oven. Pork should be thoroughly cooked. If the pork is to be stuffed make a stuffing with sage and onions. If not make a savoury gravy with a little stock, chopped onions, sage, pepper, salt, and enough bread crumbs to thicken it. Apple sauce should be served with the pork.

PORK PIES.

Line some patty pans with good short paste, cut the pork into small squares, put these into the pans, season with pepper, salt, and a little finely rubbed sage, and just the least drop of flour and water ; wet the edge of the paste, put on the top and pinch the edges together, pick a hole in the top, wash with yolk of egg if you have it, and bake. Another way

of making these pies (using paste for raised pies) is to cut the bottom out, roll out the side, wet the two edges, make it round and stick together, place on the bottom piece and pinch together all round, put the meat and seasoning in, put the top on and pinch together, wash with egg and bake. Time, from one hour according to size.

PORPOISE.

This fish is very often caught at sea, and as it is as much like flesh as fish it can be made into a good many dishes, and if done properly, is very appetising. First see if it is poisonous by boiling a piece with a silver coin in the pot, if the coin turns black do not use the fish. Soak the piece of fish you are going to cook in vinegar and water for an hour; you can fry it as a steak or cutlet, mince it, curry it, make fish cakes, and use the liver (which tastes very much like pig's liver) for liver and bacon.

PORPOISE CUTLETS.

Take the meat from the back of the fish, cut and shape it into small cutlets, egg and bread crumb them, fry in hot fat.

PORPOISE CAKE.

Chop up some cooked porpoise, mix it with mashed potatoes season with pepper, salt, and nutmeg; make the mixture into cakes, roll them in flour and fry them.

PORPOISE STEAK.

Cut the meat close to the head into steaks and fry them in hot fat. Serve with fried onions.

PRAWNS.

Put the prawns into boiling water with a little salt ; boil about eight minutes. When boiling, plunge a red hot poker into the water to make them a bright colour.

PRAWN CURRY.

Cut up an onion and fry it brown in some hot fat, add a tablespoonful of curry powder and fry it also, add about a pint of conge water. Season with salt, a grate of nutmeg, some grated cocoanut, and a teaspoonful of lime juice. Simmer until it becomes thick, strain through a sieve. Skin some cooked prawns, add them to the sauce, and keep hot until wanted. Serve with plain boiled rice.

PRAWN CUTLETS.

Cook the prawns, take the shells off but leave the tails on, take a sharp knife and cut each prawn nearly through and flatten it out. Make a nice stiff batter, dip the prawns in and fry in plenty of hot fat. Time about two minutes. Take out, drain the fat off, and serve very hot with mashed potatoes.

PRESERVED MEAT PIES.

Take the meat out of the tin as carefully as you can, cut the meat across in slices about two inches long, lay these in the dish with small pieces of cooked salt pork between them, add some finely chopped

onion, pepper, and salt, a little flour and cold water, cut up a few cooked potatoes and put them on the top. Cover with short paste and bake. Time to cook about forty five minutes.

PRESERVED POTATOES.

Put the potatoes in a kidd and pour boiling water gradually over them until they are all soaked. Cover them with a cloth and steam them for a quarter of an hour, then add a little butter or clean fat, season with pepper and salt, and mash well together with a wooden spoon. Serve very hot.

PRESERVED SOUPS.

Preserved soups are much used at sea, as there is not sufficient material to make stock. The different soups are mostly in two pound tins, a very useful size, as they are only used for the captain and officers. Open a tin and put the contents into a saucepan, add rather more than the same quantity of water, make it hot, season, and serve. If it is a thick soup you can thicken it, after adding the water, with a little brown flour made into a batter.

PUFFS (JAM).

Make some rough or good puff paste, roll out very thin, take a large round cutter and cut out pieces of the pastry. Put a very little jam in the centre of each piece, wet the edges, and fold the pastry in half. Put the puffs on a greased tin with the fold downwards. Sprinkle a little water and sugar over them. Bake fifteen minutes.

PUFFS (POTATO).

Peel and boil some potatoes, when done strain and dry them well, mash with a little flour, pepper, and salt. Put small portions of the paste on your board and flatten them out, put a little preserved meat in the centre of each, season, and draw the edges together over the meat. Turn the joint side downwards and put the puffs on a greased tin, wash over with egg, and bake a golden brown.

PUMPKIN (MASHED).

Peel a pumpkin, cut it up and put into boiling water with a little salt, boil until done, and strain off as dry as you can, add a little butter, pepper, and salt, and a little flour to absorb the water, mash all together over the fire so as to cook the flour, and serve hot.

PUMPKIN PIE.

Peel and cut up a pumpkin, boil until tender, strain off the water, and mash the pumpkin. Add a few cloves, a little lime juice, and enough sugar to sweeten it, put into a pie dish, let it get cold, cover with good short or rough puff paste, bake until the crust is done.

QUAILS.

Toast some slices of bread and dry them in a shallow baking dish, put the birds on skewers, place them on the toast with a little butter on them and bake in a hot oven for twenty minutes, baste them well with the butter. Serve on the toast with some thick brown gravy in a sauce boat, the gravy must not be poured over the birds.

QUEEN CAKES.

Take three quarters of a pound of butter, three quarters of a pound of fine white sugar, eight eggs, one pound of sifted flour, half a teaspoonful of carbonate of soda, quarter of a teaspoonful of tartaric acid, four ounces of currants. Cream the butter and sugar together, beat in the eggs two at a time, mix the flour, soda, acid, and currants together and add them to the mixture. Mix all together, pour into greased patty pans, and bake in a quick oven fifteen minutes.

QUEEN PUDDING.

Mix together a quarter of a pound of chopped suet, half a pound of bread crumbs, and some bananas. Cut up small. Put these into a greased basin. Make a boiled custard with a pint of milk, three eggs, two ounces of sugar, and a little essence of lemon. Pour this into the basin. Steam or boil for an hour. Turn out and serve with sweet or whipped sauce.

RABBIT PIE.

Tinned rabbits are generally used at sea. Take the rabbit carefully out of the tin, so as not to break the pieces. Place the pieces in a pie dish with a few slices of cooked salt pork, chop a partly cooked onion and put it into the pie dish, mix a little flour, pepper, salt, and a few sweet herbs with enough cold water to form the gravy, pour this in and cover with short pastry. Bake just long enough to cook the pastry.

RAISED PIES.

These can be made any size and with almost any kind of meat, poultry, or game. Whatever meat is used should be highly seasoned and no bone put in. Make some pastry (see recipe for pastry), shape it round the thick end of a rolling pin or a cake tin, put in the meat or seasoning, add a very little water or stock, when the case is full, put on the top, wet the edges and pinch them together with finger and thumb, wash over with yolk of egg and bake in a moderate oven, according to size, one hour or more.

RICE BUN.

A quarter of a pound of butter, half a pound of sugar, one pound of flour, two teaspoonsful of soda and one of acid, six ounces of rice flour, two eggs, enough milk to mix it into a dough. Put the soda and acid into the flour, rub in the butter, add the rice, flour, and sugar, mix with the egg and milk (water may be used instead), make into small buns, put them on a greased tin, and bake twenty minutes.

RICE (FOR CREW).

This can be boiled in sea water and then washed with a little fresh water after it is cooked, but if you have not enough fresh water, cover the rice with water, let it boil nearly dry, and if still not cooked enough add a little more water until it is done. If the rice is to be used for curry, use plenty of fresh water to boil the rice in, and then use the rice water to make the curry instead of using flour.

RICE (FOR CABIN).

As this is in smaller quantities it is easier done. Wash the rice well in sea water, put it into plenty of cold water with a little salt or lime juice, when it is done strain off and wash with cold water. Put over some hot water in a saucepan, cover with a cloth and dry, use some of the water for curry, the rest for soup.

RICE FRITTERS.

Boil the rice very dry. Clean a few currants and mix them in, also a little nutmeg, and a teaspoonful of lime juice. Bind the mixture together with a little flour, make into fritters, and fry in plenty of hot fat. Serve hot with powdered sugar or jam. The yolk of an egg added to the mixture is an improvement.

RICE WITH FRUIT.

Boil the rice very dry, stew any kind of fruit, put a border of rice on a flat dish and put the fruit in the centre.

RICE PUDDING.

Boil the quantity of rice required dry, make a custard with eggs, milk, and sugar. Place the rice in a dish, pour the custard over it, grate a little nutmeg on the top, and bake until the custard is set.

RICE PUDDING (WITHOUT EGGS).

Boil the rice, not too dry, put a few currants in, add a little butter and a little lime juice, and preserved milk if allowed, and a little sugar; stir well together and bake.

RICE PUDDING (CREW).

Boil the rice, not too dry, add a few currants, a little clean fat, a little lime juice, mix well together, grease a baking tin, put the rice in and bake. The crew are allowed molasses to eat with this.

ROCK CAKES.

Take six ounces of flour, mix in a pinch of salt and one teaspoonful of baking powder, rub in two ounces of butter or clean fat, add two ounces of currants, two ounces of sugar, a little nutmeg or spice, mix up with one egg and one tablespoonful of milk into a stiff dough, If you have no eggs use condensed milk. This is enough for the captain and two officers. Be careful not to make the dough too slack, or the cakes will run flat.

SAGO PUDDING.

Put the sago into a saucepan with sufficient milk or water to soften it, add a little sugar and a little essence if you have any. When the sago is clear take it off the fire, let it cool and beat in one or two eggs, if you have no eggs use a little butter; pour the mixture into a greased dish, put a little grated nutmeg on the top and bake.

SALT BEEF.

Soak the meat all night in sea water, getting it changed once or twice during the night. Some of the crew will do this for their own sakes. Put the meat into the copper with plenty of cold sea water

and bring it slowly to a boil, then let it simmer till cooked. Allow a quarter of an hour to each pound of meat and a quarter over. When it is done, take it out and wash it in cold water, and let it stay in the water until wanted. The men as a rule do not like the salt meat, hot especially if it is very fat. Trim the meat a little, but not much, or the men will say they do not get their whack. If the meat is very salt, when the water comes to a boil take it out and put it into cold water again and bring it again to a boil. If you do this two or three times you will make the meat nice and fresh. The fat or slush contained in the water in which salt beef has been boiled should be skimmed off and can be used in cooking; but if much of it is used in this state it produces boils. The fat should be clarified in fresh water to make it fit for use.

SALT BEEF SOUP.

Put the water required into a saucepan. Put in a few cloves, a little rice, or barley. If barley is used boil it two or three hours. Chop up finely any kind of vegetables you have, onions, carrots, turnips, cabbage leaves, &c. The steward will generally allow a little tinned meat, put this through your machine or chop it fine; add it and the vegetables to the soup. Take the salt meat out of the copper when half done, and finish cooking it in the soup. Season with pepper. If you have any rice water add it to the soup and it will help to thicken it.

SALT PORK.

Cook in the same way as salt beef, but allow twenty minutes to the pound and twenty minutes over. Do not boil it hard if you can help it. Usually the pork is put into the pea soup to finish cooking. When done take it out, wash it in cold salt water. Take the rind off before serving it.

SALT FISH.

Skin the fish and cut it up into squares, three or four inches across. Soak these in cold water all night. If still very salt put the pieces into a pan of cold water, bring it to a boil, and boil about twenty or thirty minutes. Serve with melted butter or egg sauce.

SAUSAGES (BEEF).

Take two pounds of lean beef, half a pound of fat, and one pound of soaked bread, squeezed dry, two teaspoonfuls of salt, a quarter of a teaspoonful of pepper, and a teaspoonful of mixed herbs. Mix together and put two or three times through the mincing machine, soak the skins and fill them with the mixture. When filling the skins be careful not to fill them too tight, or the sausages will burst in cooking. When the skin is filled make the sausage by doubling the skin, press the two together with the finger and thumb, twist one part round the other and bring the end through the loop. Proceed the same until they are all done.

SAUSAGES (PORK).

Take three pounds of lean pork, one pound of back fat, and one pound of soaked bread. Cut the meat up, season with a tablespoonful of salt, a tablespoonful of fine sage, a teaspoonful of pepper, half a grated nutmeg, put through the machine three times, then fill the skins as for beef sausages.

SAUSAGE PUDDING.

Make a suet crust and line a greased basin with it, put some sausages in alternately with slices of bacon, mix a little flour and water together, pour in. Put on the top piece of pastry, boil or steam.

SAUSAGE TOAD IN THE HOLE.

Make a batter as for Yorkshire pudding, pour it into a baking pan, put the sausages in the batter and bake. Turn out into a dish and serve hot.

SAUSAGE ROLLS.

Make some puff pastry, roll out a quarter of an inch thick, cut into three inch squares, roll up some sausage meat, place a roll in the centre of each square of pastry, wet the edges, fold them over and press together. Brush over with egg and bake about half an hour.

SAVOY BISCUITS.

Break six eggs into a bowl with half a pound of fine sifted sugar and a few drops of essence of lemon. Beat them up over steam till they are very stiff, then

add by degrees half a pound of sifted flour, stirring with a wooden spoon. If half the whites are beaten up separately and stirred in at the last the mixture will be lighter. Put the mixture into a piping bag. Put a sheet of greased paper on a baking sheet and run the mixture on to it in the shape of fingers. Put the sheet into a sharp oven. When the fingers are nicely coloured take them out, lift them off the paper and stick them together with white of egg or a thin layer of jam. Dust them over with sugar.

SAVOURY FRITTERS.

Take half a pound of flour, half a teaspoonful of carbonate of soda, season with pepper, salt, a grate of nutmeg, herbs to taste, and a little finely-chopped salt meat. Put a quarter of a teaspoonful of tartaric acid into a little water, add it and mix the whole into a stiff batter. Put a tablespoonsful of the mixture into hot fat and fry. This quantity will make about a dozen fritters.

SAVOURY GOOSE.

Cut some half cooked potatoes into slices and lay them at the bottom of a deep pie dish, roll some slices of liver in a mixture of flour, sage and pepper, place them on the potato. Then add some of onion, and then slices of bacon. Repeat until the dish is full. Let the top layer be of bacon. Mix up the remainder of the flour into a thin batter, and pour over the bacon. Bake one and a quarter hours.

SAVOURY OMELETTE.

Separate the whites and yolks of six eggs, putting them into two dry basins. Add a little pepper, salt, and mixed herbs to the yolks, and beat them up with a fork. Add a few grains of salt to the whites and beat up to a stiff froth, then stir the yolks gently in. Make a little fat hot in a frying-pan, pour the eggs into the centre of the pan and place it in a hot oven. When the omelette is set slip it on to a hot dish, and serve. Chopped ham, sardines, shrimps, &c, can be used instead of herbs.

SCONES (PLAIN).

Mix half a teaspoonful of soda and a quarter of a teaspoonful of tartaric acid with half a pound of flour. Rub in an ounce of butter. Mix in enough milk to make it into a soft dough just firm enough to roll out. Put it on a floured board, roll very lightly into a round, cut it into wedges with a sharp knife, prick over with a fork and bake in a sharp oven till cooked. Split the scones, butter them, and serve hot.

SCONES (SULTANAS).

Take one pound of flour, mix with half an ounce of cream of tartar, a quarter of an ounce of soda and a little salt. Rub in three ounces of butter or lard, add three ounces of sugar, and six ounces of sultanas or currants. Mix with milk into a soft dough. Roll out into a round, cut it across each way, only cutting half way through, put on a baking sheet and bake in a moderately hot oven.

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SCRAMBLED EGGS.

Break four eggs into a basin, season with pepper and salt and beat them up. Put a little butter into a frying pan, when it is melted pour in the eggs and stir quickly over a brisk fire. Have some pieces of buttered toast ready, pile the egg on them, and serve in a hot dish.

SEA PIE. I

Take equal quantities of any kind of meat and of potatoes, cut the meat into small pieces, peel the potatoes. Slice some onions. Choose a saucepan of the size required, fill it half full of water, add pepper and salt. Put in half the meat, half the potatoes and onions to taste. Bring it to a boil. Meanwhile make some pudding crust with suet or fat, cut it in half, roll each half out separately the size of the saucepan lid, put one piece into the saucepan to form the first deck, add another layer of meat, potatoes and onions, then put on the second deck. Cut a hole in the top of this and boil it gently for at least one and a half hours. A third deck can be added if required. When serving cut each man his allowance of duff.

SEED CAKE (WITH EGGS).

Take six ounces of butter and sugar, one pound of flour, one teaspoonful of carbonate of soda, half a teaspoonful of spice, a dessert-spoonful of carraway seeds, three eggs, and half a teaspoonful of tartaric acid. Dissolve the acid in a little water, cream the sugar and butter together, then stir in one egg at a

time ; when nicely creamed, add the dry ingredients and mix all together, adding the acid last. Put it into a greased tin and bake in a slow oven for one and a quarter hours.

SEED CAKE (PLAIN).

Mix one teaspoonful of carbonate of soda into a pound of flour. Rub in six ounces of butter, add six ounces of sugar, half a teaspoonful of spice, and a dessert spoonful of carraway seeds. Dissolve half a teaspoonful of tartaric acid in a little water. Mix all the dry ingredients adding sufficient water to moisten them, and mixing in the acid last. Put the mixture into a greased tin and bake one hour.

SEVEN BELL PASTRY.

Make half a pound of short paste, roll out into a rather thick oval. Cut up some cooked salt meat and potatoes into dice, add a little chopped onion, season with pepper and herbs. Add a piece of fat or butter the size of a nut ; put this mixture into the pastry, wet the edges of the pastry, fold them over, pinch the edges together with the thumb and finger. Put it on a tin and bake.

SHORTBREAD.

Warm one pound of butter and half a pound of fine white sugar in a basin. Beat them well together with a wooden spoon. Add a few drops of lime juice and a little milk or water, then mix in enough flour to make a rather soft short paste. Divide it into pieces, roll these out into oval shapes,

pinch up the edges with the thumb and finger; put a thin slice of candied peel on the top of each, and bake in a moderate oven. Just before the cakes are done sift a little fine sugar over them.

SOUSED FISH.

Clean the fish and put it into a deep dish. Add a little mace, allspice, salt, and pepper, and enough vinegar to cover the fish. Cover the dish and bake in the oven until done.

SPITCHCOCK.

Clean and skin a fowl, cut it open down the back, spread it out and skewer it flat, wipe it dry, dust it with pepper and salt, and grill it on a well greased grid over a clear fire, continually turning it over until it is done through. Serve hot.

SPINACH.

Pick the spinach and wash it in several waters, salted. Put it into a saucepan with a little boiling water at the bottom and let it cook. Stir it often, when done rub it through a seive, add a little butter, pepper, and salt, and serve hot, with or without poached eggs on the top.

SPONGE CAKES.

Put six eggs and six ounces fine sugar into a bowl and whisk into a stiff batter over a pan of steaming water. Then sift in five ounces of dry flour, stir it in gently, put the mixture into greased tins or patty pans and sift a little castor sugar on the top and bake.

If one or two of the whites are beaten into a stiff froth separately and mixed in at the last it will make the cakes still lighter.

STEAK (FRIED).

Cut the steak in slices three quarters of an inch thick, put them into enough hot fat to cover them, fry until done, turning them once. Take them out and drain off the fat, serve hot with fried onions and gravy.

STEAK (GRILLED).

Cut the steak about three quarters of an inch thick, dust with pepper and salt. Grease the grid and put it over a clear fire, grill the steak on it, turning it again and again until done. Be careful not to stick a fork into the meat or the juice will run out.

STEAK PIE.

Cut the steak into squares an inch across, cut up an onion, and brown steak and onion slightly in hot fat. Put them into a pie dish, make some gravy with water, salt, and pepper, and a little flour, and pour it into the dish. When cold cover the meat with puff paste and bake.

STEAK PUDDING.

Line a basin with suet pastry, keeping a piece of suet pastry for the cover. Cut the steak up and put it in, cut up an onion, slightly brown, and put it in. Make a gravy with water, pepper, salt, and a little flour, pour it over the meat. Put on the cover. Press the wetted edges of the pastry together on the

edge of the basin and trim them off. Steam or boil the pudding. If it is to be boiled tie a cloth over it. If it is to be steamed cover it with greased paper.

Another way of making this is to cut the steak into thin pieces, season them with flour, pepper, and salt, roll them up into little rolls and pack these into the basin, adding a little water for gravy.

STEAK (STEWED).

Put a stew pan on the stove with sufficient water for gravy, add two or three cloves. Cut the steak up and brown it, put it into the water. Brown the onions and put them in also. Let it stew for half an hour. Then season the stew and put in some carrot cut into thin slices, and simmer for forty-five minutes longer. Then take out the steak and vegetables, skim off the fat and thicken the gravy with browned flour, pour it over the steak and serve.

STEWED FRUIT.

Put the fruit into a stew pan, add a very little water and sugar to taste. Put the lid on and stew until done. Some fruits require the addition of flavouring, cloves should be used with apples and lemon with rhubarb.

STURGEON.

Remove the inside of the fish carefully, and if the fish is large skin it. Remove the cord down the backbone. The tail part of the fish can be cut into steaks and fried. The back part resembles veal, and

can be boiled or stewed or made into cutlets. The belly resembles pork and is very nice curried, made into fish cakes, &c.

STOCK FISH.

This is fish dried but not salted. It should be beaten well, then the skin should be taken off the fish, cut into pieces and laid into water to soak for twelve hours. Soda or peat ash is sometimes put in to soften it. Take the fish out, wash it and put into a saucepan with cold water and bring to a boil. Skim it and simmer for one hour, then take it out and let it drain. Serve hot with clarified butter and hot potatoes.

STOCK-POT.

Keep a pot on the stove with water, and put into it all the scraps of meat, bones, &c. Whenever the stove is clear let it simmer gently. The liquor will make a foundation for soups and gravies. The pot can be replenished every day or two. To keep stock sweet let the fat remain on the top to exclude the air. To sweeten stock that has become a little sour put a little bi-carbonate of soda into it and boil it up quickly ; skim well.

SUCKING PIG.

This can often be had at sea when pigs are kept on board. Kill the pig, scald and clean and truss it the day before it is wanted. The legs should be skewered as if the pig was lying down. The day it is to be cooked make a stuffing of soaked bread,

half-cooked onions, sage, pepper, and salt. Put the stuffing inside the pig and sew it up. Run a sharp knife straight down the pig's back from nose to tail, then score down each side. Put it in the oven and bake two or two and a half hours, basting well all the time. Serve with savoury gravy and apple sauce. Cut the pig in half down the backbone before sending it to table.

SUET PUDDING.

Take a pound of flour, a pinch of salt, half a pound of finely chopped suet and mix them up into a slack dough with cold water. Tie it up in a floured cloth and boil or steam it for an hour and a half.

SWEET OMELETTE.

See "Invalid Cookery."

SWEET SAUCE. †

Put some water in a small saucepan, add a little butter, enough sugar to sweeten, and a few drops of lime juice. Thicken with a little cornflour, or flour batter. Boil ten minutes, stirring all the time.

SWISS ROLL.

Put four eggs into a basin with the weight of three eggs in fine sugar. Beat them up over steam into a stiff batter; then add three eggs' weight of sifted flour, stir it in gently and pour the mixture into a flat tin lined with greased paper; spread the batter out and bake it in a moderate oven till it is just firm to the touch, about fifteen minutes. Turn it out at

once on a paper sprinkled with crushed sugar ; wet the paper on which the cake was baked and take it off. Spread some jam on the cake and roll it up. Cut off the ends and sprinkle some sugar over it. Serve cold.

SWISS ROLL PUDDING.

Proceed as above, then steam the roll for a quarter of an hour and serve hot with whipped sauce.

TAPIOCA PUDDING.

Put three tablespoonsful of tapioca, previously washed, into a saucepan, add a pint of milk, a little essence of lemon and two ounces of sugar, put it on the fire and bring it to a boil ; simmer until the tapioca gets soft, stirring all the while. Break two eggs into a cup, when the tapioca is soft let it cool for a few minutes, put the eggs in and beat quickly. Pour into a greased dish, grate a little nutmeg on the top and bake.

TAPIOCA PUDDING (WITHOUT EGGS).

Put the tapioca into water with a little condensed milk, sugar and a few drops of lime juice. When it comes to a boil stir in a little butter, pour it into a greased dish, grate a little nutmeg on the top and bake.

TARTLETS.

Make some puff paste, roll it out a quarter of an inch thick, cut it into rounds with a cutter, mark a round in the centre of each piece with a smaller cutter. Put them on a baking sheet and bake from

ten to fifteen minutes in a hot oven. When done take the little round tops off, scoop out the soft paste under them, and fill the lower parts with jam.

TARTLETS (FRUIT).

Make some puff paste, roll it out a quarter of an inch thick, cut it into rounds with a cutter. Then cut out the centres of every other piece with a smaller cutter, and place the rings on the top of the rounds, wetting the edges to make them stick together. Put some fruit in the centre and bake.

TARTS (OPEN JAM).

Make some puff paste, roll it out and put it on a flat greased plate. Trim the edges off, put a strip of pastry round the edge to make a rim. Stab the bottom with a knife so that the air under it may get out. Put some jam in the centre, ornament the top with leaves or strips of pastry and bake in a sharp oven.

TEA (FOR CREW).

Let the water boil two minutes, put the tea in, add a tablespoonful of brown sugar, let it stand on the edge of the stove for a few minutes. If it is allowed to stand longer with the leaves in it, it will become very bitter and unwholesome. If it is possible, make it freshly for each watch.

TEA (FOR CABIN).

Warm the teapot, put in the tea and a lump of white sugar. Allow a teaspoonful of tea for each person and one over. Bring the water to a boil and

let it boil two minutes, then pour it on the tea. It will be drawn in three minutes, so do not put it to stand on the stove ; by the time it gets aft it will be ready.

TEA CAKES.

Take a pound of flour, mix in a tablespoonful of baking powder and a pinch of salt. Rub in two ounces of butter, add one ounce of sugar, mix up with half a pint of milk which has had the chill taken off it. Make the dough into four cakes, put them on a slightly greased baking sheet, and bake about half an hour. Brush over with a little brown sugar and water when they are half done.

TENDER STEAK.

Take some preserved beef carefully out of the tin so as not to break it, cut it into steaks lengthwise and put them into hot fat. Do not turn the steaks but ladle the fat constantly over them. When brown take them out and drain the fat off. Put them on a hot dish, sprinkle a little salt and pepper over them, and serve them on a hot dish with fried onions and gravy.

TOAD-IN-THE-HOLE.

Make some batter as for Yorkshire pudding. Season with pepper and salt. Grease a deep baking tin. Place pieces of steak, sausages, rabbit, pork, &c., in the tin. Pour the batter into the tin, taking care to allow room for it to rise. Put it into the oven and bake.

TOFFEE.

Put half a pound of butter, one pound and a half of brown sugar and half a teacupful of cold water into a saucepan, stir over the fire for twenty minutes or half an hour. Try the toffee by dropping a little into a cup of cold water, when it cracks take the toffee off the fire, first adding a few drops of lime juice, and pour into a shallow, well-buttered tin. When it has cooled a little mark it with a knife in any way you like. When cold, take it out and break it up in pieces where it is marked.

TOMATOES (FRIED).

Cut the tomatoes in half, put them into hot fat with the skin downwards, ladle the hot fat over them, but do not turn them. When done take them out, drain off the fat, sprinkle pepper and salt on them. Put a small piece of butter on each and serve hot.

TOMATO SAUCE.

Put ripe tomatoes in a stewpan with a little water. a piece of butter, a few cloves, a chopped onion, a teaspoonful of lime juice, a little grated nutmeg, pepper, and salt. Let them stew for an hour or more, then rub the tomatoes through a sieve. This sauce can be served hot or cold.

TOMATOES (STUFFED).

Choose some ripe tomatoes, cut a slice off the top of each and take out a little of the pulp and keep it for the sauce; put a little forcemeat in each

tomato, put the tops on again and bake them on a greased tin. Make some sauce with brown gravy and the pulp of the tomatoes warmed up together and seasoned.

TREACLE PUDDING.

Grease a basin, make some suet pastry (or if no suet is to be had, use short pastry made with fat) line the basin with this, then put in a little treacle or molasses, then another layer of paste and repeat until the basin is full. Put a piece of pastry on the top, tie a floured cloth lightly over it, and boil one hour and a half.

TRIPE (BOILED).

Tripe for use at sea is generally salted in jars. Soak the tripe over night, take it out in the morning, cut it into pieces and put it into a saucepan of cold water with a little vinegar in it; bring it to a boil and then simmer for twenty minutes. Then pour off the water, put in enough fresh water to make the sauce, add a teaspoonful of condensed milk, and some chopped onions. Season with pepper and salt, stew for half an hour, thicken with flour or cornflour, boil up, and serve.

TRIPE FRITTERS.

Boil some tripe till tender. Make a thick batter with half a pound of flour and half a teaspoonful of carbonate of soda, season with pepper and salt. Dissolve a quarter of a teaspoonful of tartaric acid in a little water and mix it into the batter at the

last. Cut the cooked tripe into two inch squares, put them in the batter. Take a tablespoonful of batter with a piece of tripe in, put it into hot fat, and fry.

TURNIPS (BOILED).

Peel the turnips thickly so as to remove the woody part, cut them into quarters and put them into boiling water with a little salt. When they are quite soft take them out and let them drain. Serve either plain or with parsley sauce.

TURNIPS (MASHED).

Proceed as above. When done strain and squeeze all the water off. Mash the turnips up with a little butter, pepper, and salt, and a little flour to absorb any remaining water. When mashed put on the stove and keep hot.

TURNIP TOPS.

Lay the green tops of the turnips in salt and water for a time, then put into boiling water with a little salt and a teaspoonful of brown sugar. Boil them with the lid off until they are cooked, strain off and press all the water out of them. Put them into a vegetable dish, cut into squares and serve.

TURKEY (TO TRUSS).

Pluck the feathers by pulling them from the bird the opposite way to which they grow; singe the bird with a piece of lighted paper; break the bone between the foot and first joint and draw out the sinews; cut the skin half way up the neck, run the

knife up to the back of the body, draw the skin back, and cut off the bird's neck ; then take out the crop and windpipe. Cut the skin across between the vent and the tail and pull out the inside with your fingers being careful not to break the gall. Wash the inside out and dry it with a cloth. Put the tail through the vent. Press the legs to the sides and put a skewer through them from side to side. Put some stuffing into the crop of the bird, and some inside, pull the skin over it to the back of the bird, cut the wings off at the second joint. Put the liver under one wing and the gizzard under the other, put a skewer through from side to side. Put a piece of string round the front skewers on each side, cross it at the back and bring it round the back skewers and tie it across the tail end. If the turkey is to be boiled, cut the legs off at the joint and press them back under the skin.

TURKEY (BOILED).

Truss for boiling, tie in a cloth, and put into boiling water, with a tablespoonful of lime juice to keep it white. Remove the scum as it rises, boil gently about two hours according to size ; when cooked drain the turkey, remove the cloth, and serve on a hot dish with parsley sauce or plain melted butter.

TURKEY (DEVILLED).

Take the joints of cold turkey, sprinkle a little pepper and salt over them and grill over a clear fire. Serve hot with or without devil sauce.

TURKEY (BAKED).

After trussing and stuffing the turkey, put a little clean fat on the breast, and put it on a tin in a quick oven; bake two to two and a half hours according to size, baste continually; when half done shake a little flour over it to make it brown nicely. If it browns too quickly put a sheet of greased paper over it, make a gravy with the neck, head, feet, &c., and serve with bread sauce.

"TWICE LAID."

Boil some potatoes and mash them with a little butter, pepper, salt, a grate of nutmeg, and a little condensed milk mixed with water. Chop up some cooked fish, either salt or fresh, mix it all together adding a little chopped parsley and an egg, if liked. Put the mixture into a greased pie dish, ornament the top and bake.

VEAL BAKED.

Take a piece of leg or loin of veal, loosen the skin a little and put in some stuffing. (*See recipe below*). Dredge it over with flour, put in a quick oven and bake, basting well. Serve with thick brown gravy and boiled bacon.

VEAL CUTLETS.

Cut some pieces of veal half an inch thick and shape them into cutlets, beat up an egg with a little pepper, salt, and thyme. Dip the cutlets into it and roll them in breadcrumbs, fry in hot fat till they are a nice golden brown. Take out and drain off the

fat, serve up on a hot dish with thin slices of bacon between each cutlet. Garnish the dish with pieces of lemon and serve thick brown gravy in a sauce boat.

VEAL AND HAM PIE.

Cut up some cooked veal, put into a pie dish with slices of cooked ham or bacon, make a gravy with white stock or water, pepper, salt, a little mixed herbs, and flour, pour this over the meat. Cut up some hard-boiled eggs, put them on the top, cover the dish with puff paste, decorate it, brush it over with egg, and bake.

VEAL STUFFING.

Mix some chopped suet or pieces of butter with bread crumbs, add a little chopped parsley, mixed herbs, nutmeg, pepper, salt, and the grated rind of a lemon. Beat up an egg and stir it into the dry ingredients.

VEGETABLE MARROW.

Peel the marrow, cut it into quarters and take the seeds out. Put it into boiling water which has been salted, boil until the marrow is soft, take it out and let it drain. Serve on toast with melted butter in a sauceboat. This is the usual way of cooking marrows. but they have a better flavour if boiled whole and then peeled after they are cooked.

VEGETABLE MARROW (FRIED).

Peel and cut up a marrow into slices, sprinkle a little salt over them and let them stand for a while to let the salt draw the juice out; wipe the slices with

a cloth, dredge flour over them and fry in hot fat ; drain the fat off and serve hot.

VEGETABLE MARROW (STUFFED).

Boil a small marrow whole, when it is done cut off one end and take the seeds out. Meanwhile slice and brown an onion, put it into a stew pan with some preserved meat cut up, season with pepper, salt and herbs, add a very little water and make it all hot, put it inside the marrow, put the end on again and serve.

VENETIAN SANDWICH.

Proceed as for Swiss Roll, but instead of rolling it up, cut the cake in half and put one half on the top of the other, cut it into sandwiches and sprinkle fine white sugar over it.

VERMICELLI PUDDING.

Put some vermicelli into boiling water and boil it till tender, then strain off the water, put the vermicelli into a pie dish, make a custard, pour it into the dish, grate nutmeg on the top, and bake in a moderate oven.

VERMICELLI SOUP.

Make some stock with bones and meat, a little marjoram, carrot, turnip, onion, and a few cloves. Strain off, boil the liquor up again, and skim ; then break in a little vermicelli, season with pepper and salt, and simmer till the vermicelli is cooked.

VIENNA STEAKS.

Chop some lean beef finely, chop a small onion, mix them together, season with pepper, salt, nutmeg,

and a little herbs, add a few breadcrumbs. Bind together with an egg. Make the mixture into oval-shaped cakes, brush them over with egg, roll in crumbs, and fry in hot fat; serve with mashed potatoes.

WELSH RAREBIT.

Put some cheese into a small saucepan, grating it if it is hard, add a little butter, mustard, pepper, and salt. Melt the cheese over the fire, stirring all the time. When done serve it at once on hot buttered toast.

WHIPPED SAUCE.

Put three raw yolks of eggs into a small saucepan with a little fine white sugar, a little lime juice, and a glass of sherry. Just before it is wanted stand the saucepan in a stewpan of boiling water, and whisk the sauce up quickly till it thickens.

YAMS (BAKED).

Choose small yams, wash them and cut a slice off the whole length of one side, put it on again and bake the yam in a moderately hot oven. When it is done remove the top and scrape the inside out with a fork, add a little butter, pepper, and salt to this, and beat it up with the fork. It can either be served in a dish or put back and served in the shell.

YAMS (BOILED).

Either cook like vegetable marrow, or parboil the yam in its skin, then cut off the top and finish by steaming.

YEAST.

There are a great many ways of making yeast. In hot weather it is well to brew three times a week in whichever way it is made.

The following are a few simple methods of preparing it:—

(1.) Take one gallon and a pint of cold water, put into it six potatoes cut up with their skins on and three handfuls of hops, and boil gently until the potatoes are done. Then mash them up and put them aside to cool to blood heat, then add three handfuls of sugar and four large handfuls of dry flour, put in a little dry yeast to start the first quantity you make, afterwards always keep a little old yeast to add to the new. Pour it into a jar and keep it in a cool place. It must be shaken up before being used. One pint must be used to fourteen pounds of flour.

(2.) Take one gallon of cold water, put in three handfuls of hops, bring it to a boil and boil it ten minutes, then put in a quarter of a pound of malt, take it off the fire and cool it to blood heat, add three handfuls of sugar and four of flour. Put the mixture into a jar and keep it in a cool place. Use one pint of this yeast to twelve of flour.

(3.) Put a little rice into some fruit bottles, with six split raisins and a little sugar, fill the bottles with water, cork them tightly and tie down. When opening the bottles be careful the yeast is not wasted by the cork popping out, point the mouth of

the bottle into a kidd. Use one bottle to ten pounds of flour. If a little more sugar is added the bottle may be filled up, corked again, and the yeast used again three or four times.

(4.) Put one gallon of cold water into a clean saucepan, add six ounces of brown sugar. Put it on the fire, add a pinch of salt and as the water heats stir in twelve ounces of flour. Boil it for an hour, then take it off and let it cool, add a little old yeast and bottle it. Use a pint to eight pounds of flour.

(5.) Mix four tablespoonsful of sugar and eight tablespoonsful of flour together, stir in a little cold water, then pour in enough boiling water to form a thick paste, stir well while mixing. Put it to stand in a cool place, and when cold bottle off. It will be ready in forty eight hours. Add a little old yeast the second time of making. Use one pint to twelve pounds of flour.

(6.) Put two quarts of water into a saucepan, add half a pound of preserved potatoes and boil gently until the potatoes are boiled to a mash. Add six tablespoonsful of sugar and one of salt, put it on one side to cool; add a tablespoonful of flour, and a little old yeast. Put into a jar and tie down tightly. Use one pint to ten pounds of flour.

(7.) When leaving port take half a pound of dough with you, let it get sour and mix with a little warm water into a sponge, let it ferment and use it. Save a piece of dough each day, it will not keep more than one day.

(8.) *The Last Resource*.—If everything else fails, skim your pea soup as it comes to a boil, mix the scum with some flour and sugar, when cool, bottle it and tie down. Use a pint to eight pounds of flour, but try it with a little flour before using it as it is very unreliable. If you make your yeast too bitter, strain it through some bran, or if you have no bran, use coarse oatmeal.

YEAST CAKES.

Put a pinch of salt into some flour, mix in yeast enough to make a dough, roll it out, then cut into small round cakes and dry them well in the sun, turning them so that both sides may be dried. Put the cakes into a tin in a dry place. When wanted dissolve a few in warm water and use it to make bread. These cakes are very good to start yeast with.

YORKSHIRE PUDDING.

Put three quarters of a pound of flour into a basin with a good pinch of salt, break three eggs into a basin, add a little milk, whisk up well, add the mixture gradually to the flour with sufficient milk or water to make a thick batter, beat it for ten minutes; heat a little fat in a baking pan, pour in the mixture and bake in a hot oven. It is best baked under a joint; if this cannot be done put a little fat on the top of the batter. If condensed milk is used add enough salt to do away with the sweetness.

YORKSHIRE PUDDING (BOILED).

Pour the above mixture into a greased basin or floured cloth and boil it; this can be served with meat, or as a sweet with sweet sauce or molasses.

YORKSHIRE PUDDING (WITHOUT EGGS).

Mix a large pinch of salt and two teaspoonsful of baking powder with three quarters of a pound of flour (half a teaspoonful of carbonate of soda and quarter of a teaspoonful of tartaric acid may be used instead of the baking powder). Mix it quickly into a batter with milk or water. Pour it quickly into a hot greased baking tin and bake at once.

GENERAL DIRECTIONS FOR THE CARE OF STORES.

WATER.

Pure fresh water is a very important item in a ship's provision. All drinking water that is used at sea should first be boiled, it will be sufficient to boil it for two or three minutes, but this is absolutely necessary in order to kill any germs of disease which it may contain, and which are specially dangerous to men whose blood is impure or who may be in a weak state from scanty or unwholesome food. No one knows where the water that is sent on board ship comes from, and it is particularly likely to be impure when it is shipped in foreign ports. When water is shipped abroad a pint of Cond's Fluid should

immediately be put into each tank. The casks should be kept clean, and when empty, rinsed out with water containing Condyl's Fluid.

Both cooks and stewards should be most careful in their use of fresh water, using salt water whenever possible, for instance, for soaking and boiling meat, and boiling potatoes with their jackets on. When at sea bread may be made with half salt water and half fresh, but this must not be done when in harbour. The cook should always have plenty of hot salt water ready after every meal, so that the men may wash their plates, &c., in it. If this is not done they will use them dirty, the plates get scratched, rust and verdigris appear on them, and much unhealthiness is caused by the general state of foulness of the gear.

FRESH VEGETABLES.

Next to water these are the most valuable stores on board ship, and should consequently be well looked after. The waste of vegetables at sea through the want of a little care and knowledge is enormous. As a rule they are hung up under the boats, there to be dried up by the heat or made putrid from splashings of salt water, before being cooked and eaten.

POTATOES.

These are a necessity as well as a luxury at sea, and should be carefully looked after, instead of being, as is so often the case, neglected till the smell of putrefaction calls attention to them, when they are picked over, the good ones dried in the sun and put

back into the bin with the decomposed matter from the rotten ones dried on them, the process being repeated every few days and the majority of the potatoes being thrown overboard. Potatoes should be taken on board a day or two before the ship sails, care should be taken not to bruise them, the steep tub should be in readiness filled with scalding water and the potatoes should be plunged into it for a minute, then taken out and dried in the wind—not in the sun. When they are dry they should be stowed away carefully and if possible in straw, they will then keep any reasonable length of time, but will still want looking after occasionally. I have kept potatoes treated in this way during voyages from London to Australia, seventy six days, and Australia to London, ninety eight days, without wasting half a hundred-weight, and I consider the trouble was well repaid. The reason for the success of the process is that the boiling water swells the corky skin of the potatoes and makes it air proof, so that the potatoes are hermetically sealed up. Care must be taken not to leave the potatoes more than a minute in the scalding water, or the skin will probably be cracked from the swelling of the starchy substance of the potato itself.

ONIONS.

No diseased vegetable of any kind should be eaten, but diseased onions are particularly to be avoided since they very readily absorb any germs consider this to be so much the case that they hang that may be floating in the air—the Spaniards

them in rooms where there is infectious illness, thinking that they attract the germs of disease and purify the air. Onions should be laid on straw and packed in layers with straw between each. If they are packed in bags, as is the usual custom, they get heated, become sweet and rot.

CARROTS, TURNIPS, AND CABBAGES.

These are difficult vegetables to keep fresh at sea. The best way I know of doing this is to put them root downwards in the coal, when they will keep fresh for a long time, especially if the coal is small. Vegetables and fruit keep best in dark dry places, and as a rule the coal locker is the darkest and driest place in the ship.

Tinned and compressed vegetables are a very good substitute for fresh when the stock of these is exhausted, but fresh vegetables and fruit are so valuable as food to men who are living mostly on salted meat, that it is a pity captains do not allow fruit to be bought for the men when touching at foreign ports where it is often plentiful. The lime juice which is served out to the sailors by law is less valuable than the longed-for fruit on which the men often spend their last coin.

FRESH MEAT.

Meat should be hung up immediately it is brought on board and not allowed to lie about the deck; it should be carefully handled and not knocked about, for where it is bruised it will go bad. It should be hung where it can have plenty of cool air

and should be covered up and shaded from sunshine and moonlight. The damp should be wiped from the surface every day with a dry soft cloth and the meat again covered. With care it can be kept several days even in the tropics.

A simple way of keeping beef so as to have fresh steaks for several weeks is to take the bone out of the hind quarter, lay it well open and prick it thoroughly with a knife, rub some brown sugar and black pepper well into it, then roll it up tightly in canvas, lash it up with marline, and hang it up under one of the boats; you can then cut a fresh steak from it as it is wanted. Of course the juices will be partly drawn out, and it will not be as fresh as when killed, but still it will be unsalted meat.

Meat which is intended for salting should be put into pickle at once, not left till it is slightly tainted, it is then too late to salt it.

TINNED MEATS.

Tinned meats should be emptied out of the tins as soon as these are opened, as the meat will soon decompose when exposed to the air.

TEA OR COFFEE.

Tea or coffee should be kept in air-tight tins and should not be kept near paraffin oil or any thing else that smells strongly.

FRESH MILK.

To keep fresh milk, put it in a jug and stand it in a saucepan of boiling water, boil until a skin forms on the top of the milk, then put it by to cool.

USEFUL HINTS FOR CLEANING, ETC.

For cleaning marble side-slabs a mixture of whitening and turpentine should be used.

For whitening decks, use soft soap, soda, and wood potash. To clean water bottles, put into them small pieces of raw potato, or of bread, fill them half up with water and shake well. After the potato or bread is removed the bottles must be well rinsed.

To clean knives, or any items which have been used with onions, wash them in cold water. If hot water is used the oil which gives the strong flavour and smell to the onions will be melted more thoroughly and the smell will cling to the knives. Do not use wooden spoons to stir any mixture containing onions, as the wood absorb the oil, and the smell will cling to it.

To clean saucepans, frying pans, &c., discoloured by cooking, put them on the stove and rub well with salt or sand.

To take stains off a knife, rub it with a piece of raw potato before cleaning it.

To make a good polish for bright work, mix together a gill of raw oil, a gill of turpentine, a gill of vinegar, and the whites of two eggs. The mixture must be kept in a corked bottle and shaken well before it is used; it improves by

keeping. It should be put on with a rag, as little being used as possible, and then polished with a soft cloth.

To keep away rats or mice, put green or dried mint round their holes.

To detect poison in fish, boil a little with a silver spoon or coin in the water; if there is poison in the fish the silver will turn black. The antidote for fish poisoning is plenty of milk.

To take a fish bone out of the throat, swallow a raw egg whole, the weight of the albumen will draw it down.

After painting any of the cabins, place a bucket of cold water in them, the oil which causes the smell will settle on the water. The water must be thrown away.

To sweeten meat which is slightly tainted, wash it with Condyl's fluid and water, and boil the meat with a little charcoal in the water.

If dough turns sour in hot weather, mix a little bicarbonate of soda with water and work it into the dough, this will remove the sourness.

Mix mustard with hot water instead of cold, as it keeps sweeter and longer.

If when seasoning any dish, too much salt is used, mix a little brown sugar and vinegar together and stir in, this will take the taste of salt away.

For scalds and burns, if the skin be not broken, use bicarbonate of soda, molasses, or sweet oil.

SUBSTITUTES FOR GEAR.

If you are short of a—

Rolling Pin.—Use a wine bottle.

Paste Board.—Put a piece of clean canvas on the table to roll the pastry on. This will answer if the table itself is too rough to use.

Steamer.—For steaming potatoes. Take a six pound soup and bouilli tin, punch some holes in the bottom, put two small sticks of wood in the bottom of the saucepan, do not let the water cover them. Plaster the tin on the top so as to let the steam come between the piece of wood, put a cover over and steam.

Fish Strainer.—Take the bottom and top off a soup and bouilli tin, cut it open and cut it the shape of your pot. Punch holes all over it, fasten a piece of wire at each end.

Bain Marie.—Take a fourteen pound butter tin, put water into it and put a six pound tin in the centre. Let the water in the first tin come about half way up the inner tin, put on a cover. If porridge or any other mixture is cooked in this way it will be certain not to burn.

Bucket to fetch clean water in.—Take a hoop off a keg, sew a piece of new canvas round the hoop and shape it like a bucket. It must be sewn with strong tarred twine.

Duff Tins.—Take a six pound soup or bouilli tin, take the top rim off by heating it on the stove, clean out with fine ashes bright.

French Roll Tins.—Take the top and bottom off a fourteen pound butter tin, cut it open at the joint and draw it up into shape; this will make three rows.

Nutmeg Grater.—Take a piece of tin, punch holes in it close together with a bradawl, bend it round into shape.

Potato Peeler.—Cut a strip of tin about two inches wide, semi-circle round the pointed end of a marline spike, in the centre of the round one cut a slit about an inch long with a chisel, just lift one side up slightly and you have a good peeler.

Gravy Strainer.—Take the top and bottom off a two pound soup tin and tie a piece of bunting over one end.

GENERAL RULES FOR COOKING.

STEWING.

This is the best mode of cooking tough meat, as the toughest meat will become tender if simmered slowly and for a long time. It is of course more difficult to simmer at sea than ashore, for if the ship is rolling the pot must be lashed and kept in the same place all the time; still, excessive heat should

be avoided if possible. The liquid in which meat is stewed should never be allowed to boil but be kept at simmering heat (about 180 degrees). If it reaches greater heat than this the fibres of the meat will harden, instead of being made more tender by cooking. In most hot climates the meat is very tough, but it is a mistake to beat it before cooking, a better way is to soak it in vinegar and water for half an hour before it is cooked and the vinegar will soften the fibre.

FRYING.

Fat used for frying must be so hot that a faint blue smoke is rising from it, otherwise the fat will soak into whatever is put into it to be cooked, instead of cooking the outside rapidly, so as to form a crust, and keep the juices inside. It is a mistake to think that fat is boiling when it spurts and bubbles, the bubbles are caused by the evaporation of any water that may be in the fat. After the water has evaporated the fat will become quite still, and blue smoke will soon rise from it. The fat is then about the temperature of 380 degrees and should be used at once.

BAKING.

In baking meat put it into a sharp oven for at least twenty minutes to harden the outside and keep the juices in, then move it into a cooler part of the oven so as to cook very gradually. For beef and mutton allow a quarter of an hour's time to every pound of meat, and a quarter of an hour over; for

pork and veal about twenty minutes should be allowed to each pound and twenty minutes over; but the necessary time will vary according to the shape of the joint, a thick joint will require longer cooking per pound than a thin one. Do not stick the fork into the meat to try whether it is done or some of the juice will run out. Do not send burnt fat to table as it is very indigestible. To test the oven for baking, sprinkle a little flour on the second shelf, if in one minute the flour becomes a golden brown the oven is hot enough, 400 to 410 degrees. If it becomes black the oven is too hot, if it does not turn colour at all the oven is too cool.

BOILING.

If fresh meat is to be boiled, it should be plunged into boiling water, the water should be boiled up again and allowed to boil for five minutes so as to harden the outside of the meat, after this time the saucepan should be moved into a cooler place and the water should be kept at simmering heat till the meat is cooked, the same time being allowed as for baking.

As salt meat is the principal diet of the sailor it is very important to know how to cook it properly. The meat should be put into salt water to soak overnight and the water should be changed at least twice during the night. The sailors will be willing to change the water for their own sakes if the cook asks them. Directly the cook turns out in the morning he should put his meat in the copper with cold salt water and bring the water gradually to a

boil. This will extract the salt from the meat; if, when the water boils, the meat is still too salt the water should be changed to cold water again. In this way the meat can be made both fresher and more tender. When the meat is taken out of the copper it should be put into cold water for a minute, this will make it still fresher and clean it. It will not matter its being a little cool, the men as a rule, do not care for their salt meat very hot. Fresh vegetables should be served with salt meat, because they contain juices having the same properties as some of the juices in the meat, which have been extracted by the salt. Vegetables eaten with the meat in this way will serve the same purpose as lime juice in preventing scurvy. Beef.—Cool down in the liquor it was boiled in and it will be tender.

GRILLING.

Make up a clear fire and if it is at all smoky sprinkle a little salt on it, this will soon clear it. Grease the bars of the grid, heat it over the fire, put on the meat and leave it for a minute or two, then turn it, repeating this every minute or two until the meat is done. Do not attempt to finish cooking one side before doing the other.

SAUCES.

These should not be made as on shore by stirring the flour and fat together over a gentle heat and then adding the liquor, for the mixture will be likely to burn on a ship's galley stove; therefore boil up the

liquid and fat or butter first, mix the flour into a liquid batter with a little water and pour it into the boiling liquor, stir fast, season, and boil up.

It is better to use brown flour for thickening brown stews or hashes, than to roll the meat in flour before frying it, as the flour is apt to burn while stewing on a ship's stove, especially in bad weather, when the pot must be lashed to its place, no matter if it boils or simmers.

BOILING VEGETABLES.

All green vegetables should be plunged into boiling water and should be cooked with the lid off; they, like all other vegetables, must be kept boiling gently all the time they are cooking. To take away the smell of green vegetables when cooking place a piece of bread on the top of the greens, tie it up in a piece of muslin if you can to avoid crumbs getting into the greens; this bread must be thrown away as it will have absorbed the volatile oil from the greens and be very unwholesome.

When cooking onions never put them into cold water, unless you wish to extract some of the strength. When peeling onions if the eyes are affected put a piece of bread at the end of the knife or hold a piece in the mouth. Do not use a wooden spoon to stir anything containing onions, unless the spoon is kept for that purpose only.

PASTRY.

All pastry (except that for raised pies) should be handled as lightly as possible, kept as cool as

possible, and should be thoroughly mixed. When making puff pastry fold it always the same way; if you begin folding to the right go on in that way, or if from the left continue to do so. Pastry should be baked in a sharp oven.

CAKE BAKING.

There are three ways of making cakes:—By beating the shortening to a cream; by rubbing it into the flour; by beating eggs and sugar together and using no shortening. When making rich cakes by creaming the butter, sugar, and eggs together, care should be taken not to curdle the mixture, which will be done if they are beaten with a hot hand, if the eggs are put in too quickly, or if the mixture is beaten too long. When baking powder, or soda and acid are used care should be taken to mix them well with the flour, and if acid is used it must be mixed with water and added at the very last, before the cake is put in the oven. When a sponge mixture is made it should be beaten over steam, this will make it cream well. Most cakes should be put into a slack oven, the richer the cake the cooler the oven should be, and the longer it will take to bake. To prevent cakes burning in the oven put a tin of water on the top shelf. Currants, whether used for cakes or puddings, must be washed in cold water and dried, or cleaned with flour. Raisins must be stoned but not washed. Sultanias should be cleaned with flour and the stalks picked off.

HOW TO COOK VARIOUS JOINTS.

PORK.

Pig's head, belly, hand and spring, hock and feet, should be salted down and used as salt meat. The leg can be salted or roasted, the loin can be roasted whole, or cut up into chops and fried, spare ribs should be roasted, liver and heart fried with bacon, the flare should be melted down into lard. The small guts should be cleaned and used for sausages, the larger ones for black puddings.

MUTTON.

The leg can be either roasted or boiled, the shoulder should be roasted, the loins either roasted or cut into chops, the best end of the neck and the breast can be stewed or made into haricot mutton, the breast can also be boned, stuffed, and rolled, and either stewed or baked. The head can be braised or boiled, the brains being used for sauce.

BEEF.

The silver side, the aitch bone and round of beef, the flank and the brisket, can all be salted, the round, aitch bone, and brisket can also be baked. The buttock and rump should be used for steaks; steaks can also be cut from the top ribs; the thick flank, sirloin, wing and fore ribs, top ribs and chuck ribs should be baked, the leg or shin should be used for soup or beef tea, the suet is used for making pastry and puddings, kidneys should be used with steak for puddings or pies, the heart can be stuffed

and baked, the liver fried with bacon. Ox cheek and ox tail make excellent soup or stew; the feet can be boiled.

LIVE STOCK.

DIRECTIONS FOR KEEPING, KILLING, AND JOINTING.

FOWLS.

Most ships carry a few fowls. The principal point to be noticed in the care of them is to keep the coops clean and feed the fowls regularly. Avoid putting too many fowls in one coop. Whitewash the coops out once a week. The steward should provide a bag of fresh (not sea) sand with which to strew the floors; ashes should not be used in the coops as the sulphur gets into the fowls' eyes and blinds them. In fine weather the fowls should be let out on deck and some ashes put down in which they can clean themselves, it will be necessary to clip their wings before putting them out, but after a few days they will not attempt to fly overboard. Fowls will always repay trouble taken in looking after them. The mangy ones should be killed off first, so that they may not infect the rest. The best way to kill fowls is to wring their necks.

DUCKS.

Ducks do not bear the confinement on board ship as well as fowls. They also should be kept clean and fed regularly, and if possible, a shallow tin of water should be kept in their coop so that they may

keep themselves clean. They require moister food than fowls, all potato peelings should be boiled for them with barley meal, and any pea soup that is left over from meals can be mixed in. The ducks on board ship should be eaten before the fowls as they seldom gain flesh at sea, but lose it rapidly. To kill ducks back their wings, press the bill down to the back, and cut with a sharp knife right across the back of the head. Hold the duck over a bucket to prevent making a mess.

GEESE.

These, like ducks, seldom put on flesh at sea. They must be well looked after and have plenty of barley meal. They must be killed in the same way as ducks.

TURKEYS.

Turkeys are seldom kept on board cargo vessels, unless they are near a port at Christmas time. If you have them a week or two before killing you should fatten them by making balls of barley meal and bran and force these down their throats morning and evening. Keep the turkeys shut up and give them a small amount of water. You may either kill them like fowls or cut their throats.

PIGS.

The pigstyes should be kept very clean and washed out every day, and the hose should be played over the pigs, who like it and learn to look out for it. They can be fed on anything, and will eat all the

refuse from the galley. If you have a cargo of coal and the captain will allow you to litter the styes with it do so, and the pigs will thrive wonderfully well—ship fed pork is better than any other. It is rather a difficult matter to kill a pig at sea, especially if the ship is rolling, it is best done in this way:—tie a rope round the pig's hind leg and haul it up the rigging, let the head hang over a bucket or tub, then take one fore leg in your left hand and get the other fore leg held by another man. Just under the pig's throat you will feel a little lump like a button. Stick the knife into that and force it straight up; by doing so you will touch the heart, if you cut to either side you will touch the shoulder and will not kill the pig. When it has ceased to struggle, drop it into a steep-tub of scalding water (salt water will do), and scrape it all over with the back of a knife or a large iron cooking spoon; do not let the water get cold. When the pig is well scraped scrub it with a hard brush, then put a gamble in the sinews of the hind legs and hang it up. Cut it open, take out the inside, and wash the interior of the carcase well.

To cut up the pig, while it is still hanging up, cut right round the neck just below the cheek and screw the head off, then mark straight down the back for a guide in cutting it up; saw it right in half, saw off from the front. Then joint each part thus:—cutting off the hind legs, cut off the belly flap all the way down, then the loin, hand and spare rib, cut off the

hocks and feet, take the flare (inner layer of fat) from the belly. Clean the small gut and use it for sausages, and the larger ones for black puddings.

SHEEP.

To kill or dress a sheep tie together the two front legs and one hind one, lay the sheep on its side and stick it through the neck, then bend the head back and break the neck. Cut the legs adrift. Run the knife round the shank of each hind leg and down the skin of the leg to the belly, skin the legs, put a gamble between them and trice it up to the boat-skid or rigging, run the knife straight down the belly, being careful not to cut the flesh, skin the fore legs, then begin at the tail and take the skin right off. Make a cut in the belly between the hind legs, put the fingers of the left hand inside, put the knife between the fingers and draw it straight down, being careful not to cut the inside. When the belly is cut down the stomach will fall out. Take out the pluck and be careful not to break the gall. When all the inside has been taken out put a piece of stick across inside the carcase to stretch it open, and wash it well. Do not cut up the carcase till it has set.

To cut up the sheep, chop or saw straight down the chine and cut off the head. Then run the knife round the thick part of the leg and the chump end of the loin and saw it off. Saw straight down the breast. Cut the loin off where bones of the best end of the neck begin. If a saddle of mutton is wanted

the carcase must not be sawn down the chine, but the two legs must be cut off and the two loins left together.

LAMB

Kill and skin it like a sheep, but cut it only into quarters, fore and hind. The head must, of course, be cut off.

INVALID COOKERY.

There is a prevalent idea that there should be no sickness at sea, and as a rule very little sympathy is shown to anyone who is laid up. But if a man is really ill, and not making much of a trifling ailment, he should have all possible care and attention paid him so that he may get well and be fit for work again quickly.

An invalid's food should be cleanly prepared and cooked, and given to him in as dainty a way as possible. Cooks and stewards should try to keep separate utensils for invalids, and to keep them perfectly clean. Soup and broth for invalids should be quite free from fat, as fat is not easily digested, and is particularly unappetising to people when ill. If the fat cannot be entirely removed by skimming, lay a piece of thin paper or blotting paper on the soup and the paper will absorb the fat. Serve the soup in a cup or basin instead of in a pannikin.

It is very important that a sick man's food should be given to him regularly; he should be served first, and not kept waiting till everyone else has finished.

APPLE WATER.

Cut the apples up, if possible avoid using a steel knife for this ; pour boiling water on them, sweetén according to taste, use when cold. If you have no fresh apples, apple rings will do.

APPLES (BAKED).

Place the apples whole on a greased tin and bake slowly until soft. When done sprinkle a little fine sugar over them. These can be eaten hot or cold.

APPLE CUSTARD.

Pare and core, and cut up some apples, put them in a stew pan with a very little water, add a little white sugar and a clove. When the apples are sufficiently stewed, remove the clove and put the apples in a greased pie dish. Make a custard, pour over the apples, and bake slowly. Apple rings can be used for this dish.

APPLE AND RICE.

Cook the apples as for apple custard, boil some rice dry. Make a border of rice on a dish and put the apple in the centre.

APPLE CHARLOTTE.

Line a well-greased mould or basin with thin slices of bread dipped in clarified butter, stew some apples with a little white sugar and a little lime juice, mash the apples up and pour into the mould, cover with a slice of bread. Put a plate on the top with a weight on it to keep it down, bake for one hour, turn out, and serve with crushed sugar.

. ARROWROOT.

Mix a little arrowroot to a thin paste in a basin with a little cold condensed milk ; add boiling water, stirring all the time to prevent it getting lumpy, flavour with a little sugar, nutmeg, lime juice, or lemon rind. A little port may be added if suitable for the patient. If no arrowroot is on board use cornflour.

BAKED CUSTARD.

Mix a tablespoonful of condensed milk in a pint of cold water, stir this smoothly into a dessertspoonful of flour, add a little white sugar, two eggs well beaten, and a few drops of lime juice. Beat well together with a whisk and pour into a pie dish, and bake twenty minutes as gently as possible. Put a little nutmeg on the top if liked. Adding the flour prevents the water separating from the condensed milk.

BARLEY WATER.

Wash two or three ounces of pearl barley, and put into two quarts of cold water, bring to a boil, strain off and put the barley back into the same quantity of cold water, simmer till it is reduced to half, strain the liquor off, and add sugar and lime juice to taste.

BEEF TEA.

Take one pound of leg of beef or any lean beef you have. Remove all fat, cut the beef up, fine and put into a jar with a pint of cold water, let it stand an hour, add a pinch of salt, cover the jar with greased paper, then put it into a saucepan of boiling

water letting the water come two-thirds up the jar. Keep the water boiling from one to two hours, the beef tea will just keep simmering, the fibre of the meat will be softened, and all the juices of the meat drawn out. Pour off the liquor. It can be seasoned according to taste, but must be given without seasoning to patients suffering from fevers. It is a mistake to think that beef tea should form a jelly when cold. It should be a clear liquid with brown sediment at the bottom. As this sediment contains most of the nourishment the beef tea must always be stirred up before being re-heated and served.

BLANCMANGE.

Mix a little condensed milk into a pint of water, add a little sugar and a little lime juice, place it on the fire. Mix a tablespoonful of cornflour with cold milk or water, when the other comes to a boil pour this in stirring all the time, let it boil a few minutes ; when it leaves the saucepan clean it is cooked. Pour into a wet basin, let it get cold, then turn out. Serve with jam.

BOILED CUSTARD.

Proceed as for baked custard, omitting the lime juice, adding some kind of essence according to taste. Put this into a jar or jug and stand it in a saucepan of boiling water. Stir until it thickens and coats the spoon, then take it off the fire and continue to stir for a few minutes or it will curdle. Pour into glasses or cups, grate a little nutmeg on the top. Serve cold.

BOILED BATTER (LIGHT).

Take a quarter of a pound of dry sifted flour, add a pinch of salt, beat together one pint of cold milk or condensed milk and water, one whole egg and one yolk. Beat this well into the flour for ten minutes, beat the other white into a stiff froth, stir gently into the batter, pour into a greased basin and boil one hour or steam one hour and a half.

BREAD PUDDING (LIGHT).

Take some bread crumbs, scald with a little milk, let it get cold, beat up two eggs, a little milk, a little sugar, and a grate of nutmeg. Beat this well with the bread. Pour into a greased basin. Put a piece of buttered paper on the top and steam for three quarters of an hour. A few currants may be added.

BREAD AND BUTTER PUDDING.

Butter a few slices of thin bread, cut into small squares, put them into a pie dish, make a custard and pour over it, sprinkle a few currants on the top, and bake to a golden brown.

CAUDLE.

Make a pint of gruel. When done, put in a little butter, beat up together an egg, a little sugar, a grate of nutmeg and a glass of sherry. Beat this well into the gruel while hot.

CALF'S FOOT JELLY.

This is seldom to be obtained at sea, the gelatine tablets are the best for ship's use. The following is a simple recipe:—take a well cleaned calf's foot,

split it down the middle and put it into two quarts of water, simmer for five hours. When cold take off all the fat, then put it on the fire again, and then rub six ounces of loaf sugar on the outside of two lemons until all the yellow rind is on the sugar. Put this with the juice of the lemons into the jelly, whisk up two whites of eggs with the shells, put them into the jelly, keep stirring all the time until just before boiling point, do not let it boil, but when the thick scum rises draw it gently aside and stand it on one side for 20 minutes, then add a glass of sherry. Have ready a conical-shaped flannel bag hanging over a wetted basin or mould, pour the jelly in and let it strain through, place the mould in some cold water to cool.

CHICKEN BROTH.

Take a chicken, whole or cut up, put it into a quart of cold water, bring it to a boil and simmer for one hour, skim it well, then add a tablespoonful of washed rice and a small onion chopped fine, season with cayenne pepper and salt, if required, take the chicken out and serve.

CHICKEN (MINCED).

Take the breast and wings of a chicken, remove the skin, mince the meat very finely, put into a stew-pan with a very little chicken broth, if you have it, or a little fresh milk, just enough to moisten the chicken, season with pepper and salt, serve hot with small squares of toast.

CHICKEN PANADA.

Take the white meat off a chicken, remove the skin, pound the meat to a paste, then put it into a stewpan and add, gradually, enough clear broth to make it into a thick batter, but not too thick to drink, season with pepper and salt, and a grate of nutmeg; add a glass of port, if procurable.

CONGE WATER DRINK.

Wash some rice once, put into plenty of cold water and boil it until the rice is very soft, strain it off, add to the liquor a little lime juice, a little nutmeg, and enough sugar to sweeten it. In hot climates, if a little rum is added to this, and given to the crew first thing in the morning, it is much better than coffee.

DRINKS.

In cases of fever or diarrhœa, all drinks should be given cold.

EGG (BOILED FOR AN INVALID).

Put the egg into boiling water, take the saucepan off the stove and let it stand seven minutes.

EGGS (POACHED).

If you have not a poaching pan take a frying pan, put in some clean fresh water, add a little vinegar and salt, bring to a boil, break the eggs carefully into the water, when set take them out carefully and place on squares of toast with a few grains of cayenne pepper on each egg. A good plan for

keeping the eggs a nice shape is to place a plain pastry cutter in the water, and break the eggs, one at a time, into that.

EGG FLIP.

Beat an egg with a little condensed milk, a little nutmeg, and a glass of sherry. Beat well together.

EGG AND SODA WATER.

Beat the yolk of an egg with a little condensed milk, add a bottle of soda water, stirring together.

EGGS (SCALT).

This is used to produce a profuse perspiration when going to bed. Beat an egg with a little condensed milk, a little lime juice, and a grate of nutmeg, add a glass of spirits and a third of a pint of scalding water; drink hot when turning in.

EEL (STEWED).

Skin the eel if large, and cut it into pieces an inch long, put them into warm water, bring to a boil, skim off any fat, simmer gently from twenty to thirty minutes, add pepper and salt, a small piece of butter, and a little chopped parsley; thicken with a little cornflour, which must be mixed with a little cold water, and then stirred into the liquor and boiled thoroughly. Do not serve much liquor with the eels.

FISH (STEAMED).

Take fillets of sole, haddock, whiting, plaice or any small fish to be had, put them between two buttered plates, place these on a saucepan of boiling water until done, about twenty minutes.

FISH (BOILED).

Put the fish into boiling water with a little salt and a little vinegar, boil gently two minutes, take off the stove and let it stand ten minutes or more. In this you must use your own judgment according to size of fish.

FISH CUTLETS.

Shape some fillets of fish into cutlets, wash with yolk of egg and roll in bread crumbs or fine vermicelli, fry a golden brown in hot fat, place on some white paper to absorb the fat.

GERMAN STEAK.

Take some raw lean beef, mince up very fine, season with pepper, salt, and a little nutmeg, add a little Worcester sauce, mix well together. This is very strengthening if eaten raw.

GROUND RICE PUDDING.

Mix a tablespoonful of ground rice with a little cold condensed milk, have about a pint of boiling water in a saucepan, add a little sugar, pour the rice in and stir for about twenty minutes, cool it a little and then beat an egg into it. This can be eaten hot or cold or baked in a dish.

GRUEL.

If you have no fine meal, pound and sift some of the coarse oatmeal, mix some with cold condensed milk, pour this into some boiling water, simmer for twenty minutes stirring occasionally, add sugar, nutmeg, a squeeze of lemon, and a small piece of butter. If liked, a glass of port or spirits may also be added.

IRISH STEW.

Take some best end of neck of mutton, cut into small pieces, put into a jar, add an onion, turnips, &c., a few potatoes, season with pepper and salt, pour in a very little water at the bottom of the jar, place the jar in boiling water, boil two hours. This is very nice and nourishing as it is cooked in its own juice.

JELLY.

Take two oranges, two lemons, three ounces of loaf sugar, rub the sugar on the oranges, put this into half a pint of cold water in a bright stewpan, add the rinds of the lemons very thinly peeled, taking care that none of the white pith is used, bring to a boil, add the juices of the lemons and oranges, simmer for half an hour, then add half an ounce of gelatine or isinglass; when this is dissolved add a glass of sherry, strain through a jelly bag or a piece of muslin into a mould or basin previously wetted with cold water, let it stand until set.

LEMONADE.

Cut some lemons in slices, put them into a jug with sugar to taste, pour in boiling water and stand by to

cool ; if liked effervescing pour some into a glass, and add a little bi-carbonate of soda.

LIGHT PUDDINGS.

Put some sago, tapioca, rice, or ground rice into a saucepan, with cold milk and flavouring to taste, bring it to a boil, simmer gently until very well cooked, stirring with a whisk all the time, then add the eggs, beat quickly and turn into a dish to bake. In this way the custard is formed before being put into the oven, and is very light and digestible.

LIME JUICE DRINK.

Add two dessertspoonsful of juice to half a pint of cold water, sweeten to taste. A bottle of soda water may be used instead of water.

LINSEED TEA.

Put some whole linseed into cold water, simmer for half an hour, add a little lime juice and sugar, and some Spanish liquorice, if you have it. Stand to cool ; strain before using.

MACARONI PUDDING.

Put some macaroni into boiling water with a little salt, simmer gently until it becomes swollen and tender, strain and put into a pie dish, make a custard, and pour over the macaroni and bake.

MILK.

Fresh milk may be scalded by putting it into a jug or jar, and setting the jug in a saucepan of boiling water, when a thick skin forms on the top it is done.

To test the purity of milk, plunge a clean bright knife into it; if the milk adheres to the knife it is pure, if it does not it has been adulterated.

MULLED PORT OR CLARET.

Put the wine into a bright clean saucepan with a little white sugar, a clove, and a little nutmeg. Put on the lid and bring the wine just up to the boiling point but do not let it boil. Pour it into a jug previously warmed. This must be taken hot.

MUTTON (BOILED).

Take part of a neck of mutton, put it into boiling water, boil for five minutes, then draw on one side, keep it just at simmering heat, until done. Allow about twenty to thirty minutes. Great care must be taken that it does not boil after the first five minutes or the meat will be hardened.

MUTTON BROTH.

Take some scrag ends or shanks of mutton, break the bones well, put into cold water with a carrot, turnip, onion, and a little marjoram or basil, simmer for three hours, strain the broth on the barley, season with pepper and salt. Be careful to remove all the fat. If liked, rice may be used instead of barley, but in that case the rice need only be boiled till tender.

MUTTON CHOPS.

Mutton is much lighter for invalids than beef and much more digestible. Chops are best grilled, but if you cannot do this, plunge a chop into a stewpan with plenty of hot fat to cover it, by doing this you will keep all the juice in the meat, and can hardly tell it from a grilled chop. Time four to five minutes, according to size.

OATMEAL PORRIDGE.

Have some water boiling, add some salt, run some meal into the water through your fingers until you have sufficient to thicken it, stirring all the time, pour this into a jar, cover it and block it off in your oven, leave it there all night, in the morning it will be thoroughly cooked, but will want warming up, and perhaps, will need to be thinned down with a little boiling water.

OMELETTE (SWEET).

Separate the whites and yolks of three eggs, beat the yolks with a fork, whip the whites up to a stiff froth with a whisk, stir the yolks gently into the whites. Have a small clean frying pan ready, with enough hot fat in it to grease the bottom, pour the omelette into the pan, stand on the stove one minute, then put the pan into the oven for three minutes to get a nice golden brown, turn the omelette out on the table, spread a little jam carefully on it and double up, sprinkle a little powdered sugar on it. Serve hot.

Be careful that the basin, whisk, &c. are dry, also that none of the yolk gets into the whites when separating the eggs.

OMELETTE (SAVOURY).

Proceed as for sweet omelette. Chop a little lean ham finely and put in with the yolk, also add pepper, salt, and a pinch of herbs, beat this together, add to the whites and cook, turn it on a dish, smooth part downwards. A few pieces of thin fried bacon may be served round it.

ORANGEADE.

This is a very cooling drink, and may easily be made where oranges are plentiful. Rub a few lumps of sugar on the outside of the oranges, put them into the water required, squeeze the juice of the oranges in. Soda water may be used instead of water.

PEARS (STEWED).

Choose some hard pears, put them whole into a tin or enamelled stew pan, cover with cold water, bring to a boil, simmer until they begin to feel soft, take them out and peel them, cut them in halves lengthways, take out the cores, put them back again into the stewpan with enough water to nearly cover them, add sufficient white sugar to make a syrup, add two or three cloves and a small piece of mace, simmer with the lid off until the pears are quite soft and the syrup thick; remove the cloves and mace. A glass of port or claret will improve this dish, but this is not absolutely necessary.

PORT NEGUS.

Put half a pint of port into a bright stewpan, with two ounces of white sugar, a grate of nutmeg, and a teaspoonful of lime juice, add half a pint of boiling water, set it over a gentle heat until it comes nearly to a boil. Serve hot.

PULLED BREAD.

Take a new loaf, break it open, take a fork and pull pieces out of the loaf, put these on a clean tin, and bake until they are a bright golden brown and crisp.

RICE CUSTARD.

Wash a tablespoonful of rice well, put it into a pint of cold condensed milk mixed with water, put on the fire and stir until the rice is soft, add a little sugar, then beat one or two eggs into it, pour into a dish and bake.

SAGO GRUEL.

Take an ounce of sago, put into a pint of cold condensed milk mixed with water, add a grate of nutmeg, and a little sugar if required, simmer for one hour, stirring frequently; add a glass of brandy or sherry, serve hot.

SAGO PUDDING.

Proceed as for rice pudding.

SWEET SOUP.

Take some sago and boil it in water until it has thickened the water, and is quite transparent. Let

it get cold, add white powdered sugar, or any kind of syrup, raspberry by preference, a grate of nutmeg, a little lime juice, and some claret. This may be used hot or cold.

TOAST AND WATER.

Toast some bread nearly black, put it into a jug and pour cold water on it, sweeten or not according to taste. This must be served cold.

TRIPE (STEWED).

As jar tripe is mostly used at sea, soak it for twelve hours, changing the water frequently; then put it into a saucepan with cold water, bring it to a boil, simmer half an hour, pour the water off, add fresh water enough to cover it, add a few onions if liked, put in a teaspoonful of condensed milk, season with pepper salt, and a little nutmeg; thicken with a little cornflour.



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